



First time in a long time

— ❄️ —
Let's make Christmas count!



How to Use This **Advent Calendar?**



1

Turn the pages to discover a fun and festive activity for each day of the countdown to Christmas.



2

Each day, try something new! Since the Christmas spirit is made to be shared, you might want to invite some friends or gather the family to join you on the journey. And don't forget to share your Christmas journey with us on your socials.



3

Stay tuned to our weekly email to receive inspirational stories.



We're counting down to Christmas together!
Tag us on Instagram or Facebook with #ChristmasOfFirsts.



1

GIVE THANKS:

Start a gratitude journal for this month. Each night before bed, spend just 60 seconds jotting down something you're thankful for that day. Invite your family or friends to join in – at home or online. Let's share what we're grateful for and start the movement!





2

CHANGE FOR CHANGE:

This month, use cash for purchases where you can. Then each day, add your spare change to a jar. At the end of the month, donate what you've raised to charity.



3



LEARN SOMETHING NEW:

Today, challenge yourself to learn something new. For example, learn how to say “Merry Christmas” in 3 new languages! Did you know World Vision operates in nearly 100 countries with 44,000 staff, 95% of whom work in their home regions? That’s a lot of languages!



4

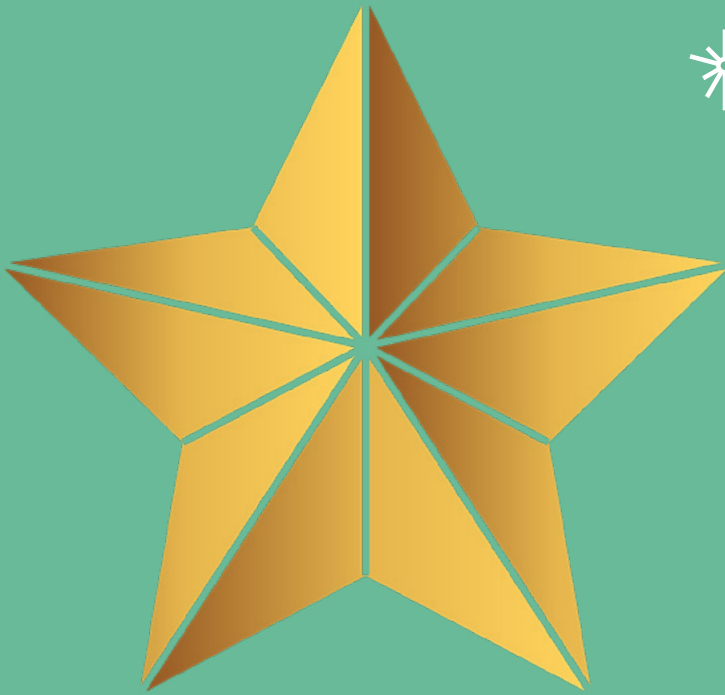


A BEAUTIFUL REMINDER:

Christmas is the season to celebrate and honour the people we love. Tell your family and friends you love them and share your favourite story about the two of you. Pick up the phone or send them a quick text.



5



CHILDHOOD FOOD:

Cooking for others creates so much joy, but so does bringing the same thoughtfulness when treating yourself this Christmas! Make yourself a dish you loved as a kid using a recipe online and let the taste bring back your favourite memories from the past.





6

BLIND DATE WITH A BOOK:

Do you have new books lying around, never read and looking for love? What about your favourite novel? Try to find it and enjoy a good read to give your mind a break from all the blue screens.



7



STEPPING OUT:

Take a stroll (around the block, down the prettiest street in your neighbourhood, or a scenic trail with a lookout at the end) and reflect on what you can do to make next year the best one yet!





8

REFLECT AND GROW:

It's time to reflect and journal. Think about something you are proud of or that made you happy this year. "Pause and remember – every single event in your life, especially the difficult lessons, have made you smarter, stronger, and wiser than you were yesterday. Be thankful!" Jennifer Young



9



HAPPY TUNES:

Tuning into a joyful playlist is an instant way to boost your mood! Create your very own Christmas me-day playlist that can be played at any time of the day and get ready to sway and dance to the beats! Not into Christmas music? Then revisit some of your favourite songs of all time!





10

JAR OF THANKS:

Using some colourful cards, spend time with your family writing down things you're thankful for – try and fill the jar with gratitude! Then, whenever you're feeling stressed by the season, open one up and feel your mood change in an instant.



11



BRING A SMILE:

Scroll through photos from Christmas' past (or memories for the past year) and when you come across a photo that makes you smile, text it to someone who will appreciate it as well. Unfortunately, the holidays aren't a joyous time for everyone. Checking in on someone you know might be struggling could make a world of a difference.





12



FOREST BATHING:

Today, get yourself out in nature (or even to the park or your town's botanical gardens). Take some time to slow down and wander through the trees. The Japanese call this Shinrin-yoku, or "forest bathing", and the practice celebrates the sense of well-being you feel when you're in nature. Don't have any nature around you? Try listening to nature soundtracks while closing your eyes or look for inspirational nature photography on the internet!



13

LIGHT A CANDLE:

Turn off all of the lights and eat your dinner by candlelight! Better yet, honour the advent wreath tradition of lighting five candles representing hope, faith, joy, peace, and light.



14

LOVE YOURSELF:

As you prepare to surprise your loved ones with presents and delicious treats this Christmas, don't forget to pamper yourself too!

There are many ways to self-care - including turning your home into a spa and indulging in DIY treatments such as a refreshing scrub or hydrating mask. You could even prepare your own self-care kit for next year!

15



SLOW DOWN:

Find a quiet place, close your eyes and reflect on a word or theme you want to centre Christmas on this year: Gratitude, Joy, Peace, Laughter, Connection, Community



16

NEW EXPERIENCE:

Feeling a little depleted at this time of the year? Give back to yourself this Christmas by checking out local art and culture, which could be a gallery or even a new band in town! Doing something you haven't done in a long time or completely new, can help you feel refreshed by immersing your senses in something creative and lively!

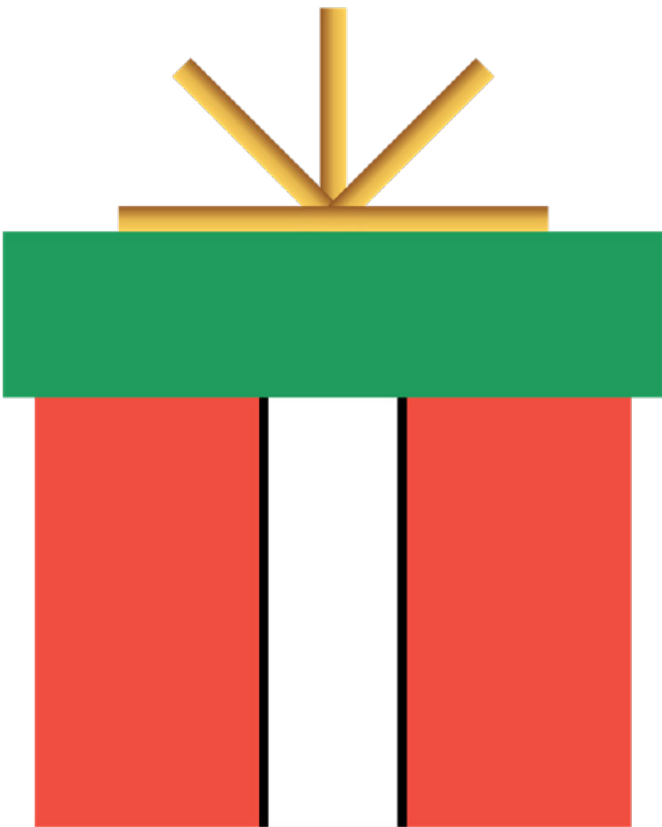


17

JUST SAY IT:

How often do we think to ourselves: “What a good mum,” or “What a kind smile,” or “What a patient sales assistant,” but don’t say it out loud? This time, say it! You might just make someone’s day. Bonus: Reflect on some encouraging words you’ve never forgotten. Write them in your journal and pop them in the jar.





18

THANK-YOU CARDS:

We all spend time buying presents, but when did you last send a 'thank you' for the presents you received at Christmas? Get crafty and make thank-you cards to send out after Christmas – you could paint, draw, or use photos or collage. You might also like to thank people for all those 'intangible' presents received throughout the year!



19

LET GO OF PERFECT:

It's so easy to be overwhelmed at this time of year – let go of everything being perfect and, instead, embrace what is. “Today, let's set our minds and hearts on feeling more thankful for what we are than guilty for what we're not. Let's cut the threads of guilt with grace.” Lysa TerKeurst.



20



DO GOOD:

Do 3 good deeds that will make you happy today! While this may sound like a simple task, you may need some time to find the things that truly make you feel content and fulfilled - inside and out. For some, it could mean helping out at an animal shelter, donating items to a local food bank, or even just holding the door open for the next person





21

THE GREATEST GIFTS:

What's the most precious gift you've ever received? (Hint: this might not be an expensive item, but could be your favourite hike, a perfect day at the beach, or a magical dinner). Remember how you felt – can you give someone that feeling this year?

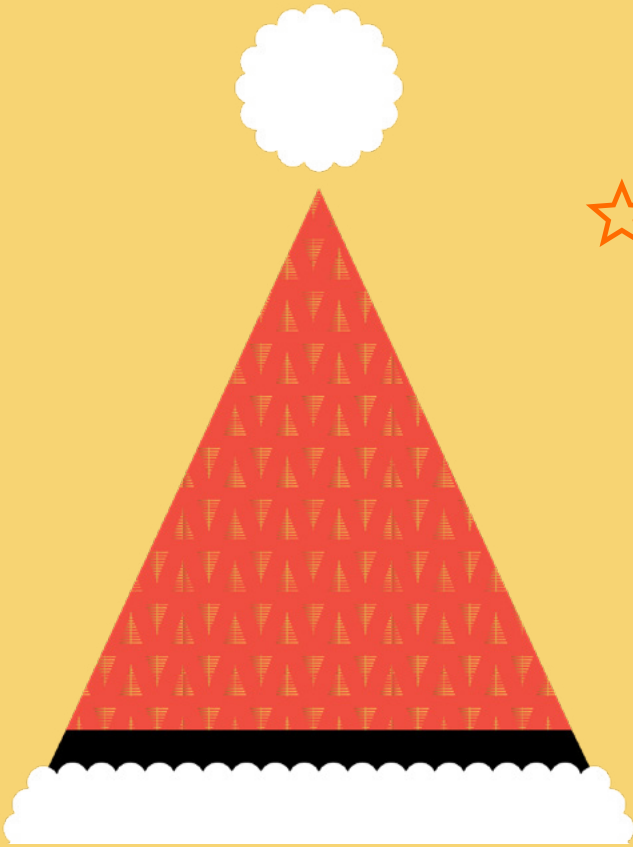


22

TAKE STOCK:

Write a list in your journal of what you've accomplished this year – it will be more than you think! Use this time to reflect on your goals for next year! “To accomplish great things, we must dream as well as act.”
Anatole France





23



SILENT DAY:

Contrary to popular belief, Christmas doesn't have to be all about the hustle and bustle! Today, give yourself the gift of silence by blocking out notifications, noises and distractions and do something that matters to you the most. Whether it is to bake a complex pastry or to finish a book, dedicate this day to what sparks joy within!

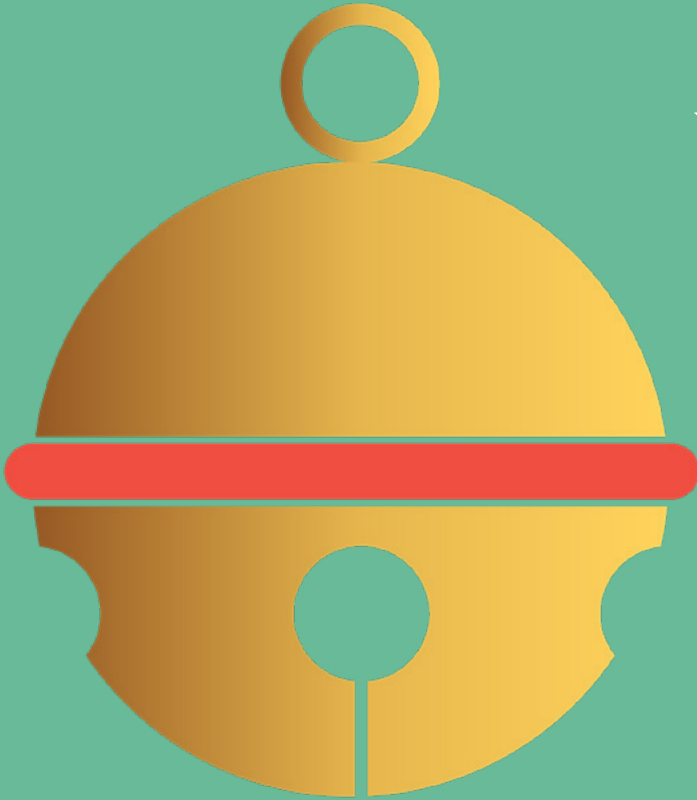




24

DEAR FUTURE YOU:

Write yourself an encouraging letter to open this time next year. Not sure what to write? Here is some inspiration: "There is nothing like a dream to create the future." Victor Hugo



25

MEMORY LANE:

Make hot chocolate, watch your favourite Christmas movie from childhood and reflect on the reason for the season. Bonus: Invite your friends or family to join you, or turn it into a virtual movie night!



Let's make this Christmas count!

And do not forget to do good and to share with
others, for with such sacrifices God is pleased.
Hebrews 13:16 (NIV).

Merry Christmas!"



Let's make Christmas Count!