

1 Start a reverse advent calendar. Each day, put one thing in a box and donate it at the end of the season

2 Start meal prepping and planning for more mangable holdaiy meals. Get the whole family involved!

3 Keep meal scraps to make vegetable or meat stock later. You can also compost raw vegetables.

4 Buy something to support the local economy.

5 Use last year's cards to make post cards or make your own new from repurposed materials

6 Before buying another tree, make sure it's the best option for your family.

7 Decorate Mason Jars to give as gifts!

8 Make mason jar mixes as a easy, eco-friendly gift!

9 Make ornaments and give them away to someone outside your circle of friends and family.

10 Handmake a gift for your child that supports a mindful and knowledgable future

11 Make upcycled garland out of materials you have around the house

12 Use items from around the house to make ornaments

13 Decorate wine bottles for a quick candle holder decoration.

14 Show support for Veterans through adoptausolider.org or visit the Veteran's Hospital.

15 Go on a walk and pick up natural materials that inspire you. Find ways to use them to decorate your home.

16 Give a gift in a public place, such as a bus stop, laundry mat, or doctor's office.

17 Use alternative gift wrap, such as newspaper, paper packaging to wrap gifts.

18 Gift an experience to someone on your list. A trip, spa day or new experience will never be thrown away

19 Make your own gift bows from used wrapping paper, newspaper or magazines

20 **REST**

21 Next time you eat out or require a service, give an extra large tip. Holidays are always a difficult time and it could go a long way to help someone in need.

22 Do something kind for a neighbor, such as rake the lawn, shovel snow, bring a hot meal or take their trash to the curb.

23 The holidays are a stressful or lonely time for some. Reach out to someone new and invite them over or give them a gift.

24 Donate the Reverse Advent Collection

25 ENJOY! Don't stress today. This time only comes once a year, so don't waste it. Soak up the time and spend it with family and friends.



Productions

When we recall Christmas pasts, the simplest things give off the greatest glow of happiness. - Bob Hope

Advent Calendar for a Mindful Holiday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Start a reverse advent calendar	Start Meal Prepping
Keep meal Scraps	Buy something local	Make Cards from recycled material	Reconsider Christmas Tree	Decorate Mason Jars	Mason Jar Mixes	Make Ornaments for a stranger
Scroll Saw Puzzles	Make Upcycled Garland	Repurposed Ornaments	Repurpose Candle Holders	Show Support for Veterans	Find Natural Materials for Decorations	Give a gift to a Stranger
Use Alternative Gift Wrap	Gift an Experience	Make Gift Bows	Rest	Leave an Extra Big Tip	Do Something Kind for a Neighbor	Reach Out
Donate the Reverse Advent Collection	ENJOY!	26	27	28	29	30
31		<p>When we recall Christmas pasts, the simplest things give off the greatest glow of happiness. - Bob Hope</p>				