

**THANK
A CITY
WORKER**

eg. Parking Warden,
Nurse, Librarian,
Teacher



**LEAVE
CANDY
CANES
TO FIND**

in the front yard
belonging to a
neighbour or friend.



**COOK
AN
EXTRA
MEAL**


& gift it to
someone who
might need it.



**PICK UP
RUBBISH**

around your
neighbourhood to
make it look gooooooood!

**SMILE AT
EVERYONE** you see
today.



**LEAVE A KIND
NOTE** for someone to find in
their letterbox or on
their windscreen.



Make or write

**A CHRISTMAS
CARD** for a friend
or neighbour.




Write an

**ENCOURAGING
NOTE** to compliment a neighbour or
your community leaders on
their Christmas decorations.



**LET SOMEONE
GO AHEAD** of you in
line today.



LISTEN WELL


to your friends, neighbours and
colleagues today to show you care.



Show yourself some love &

**BE KIND TO
YOURSELF**

by doing something your family loves to
do together.



**BUY OR GIVE
SOMEONE A
DRINK** & ask them what their
Christmas plans are.





Make an

"I'M GRATEFUL FOR YOU..."

list with five reasons why you're grateful for a friend, neighbour or colleague, & give it to them.



MAKE AN ORNAMENT

for a neighbour or colleague.



Today,

DELIVER COOKIES

to a neighbour or colleague. Baked or bought, doesn't matter!



Declutter your wardrobe &

DONATE CLOTHING

to your local Family Store (& drop it off during shop hours!)



HELP TIDY UP

at an event, party or church.



CALL & CHECK IN

with a relative, old friend, neighbour or someone from church.



DONATE FOOD

at a supermarket, foodbank, church or www.foodbank.co.nz



Paint or draw on a stone to make it look like baby Jesus, then

HIDE BABY JESUS

somewhere in your community for a stranger to find. eg. on a park bench, library shelf



VOLUNTEER

to weed a neighbour's garden.



Make or write

A CHRISTMAS CARD

thanking a small local business in your community.



INVITE SOMEONE

over for a meal or movie night - maybe someone who doesn't get invited out a lot.



CARRY SOMEONE'S BAG

like your teacher's, neighbour's, or someone carrying their groceries at the supermarket.