

## Canadiens Christmas kindness Advent Calendar

Be kind to yourself and others this Holiday season!

Get into the holiday spirit with this new Advent Calendar. Assemble the pieces and then get ready for some fun! There are tons of activities suggested by the Montreal Canadiens players that you can do with your family to celebrate the season!



### Instructions:

1. Glue the image on page 2 to one side of a piece of construction paper. Let dry and then cut out all the squares.
2. Cut out all the squares on page 3 and glue them to the opposite side of the construction paper squares (matching up the dates!).

### Assembling the Advent Calendar:

There are lots of interesting ways to display your calendar but here are two suggestions for assembly:

#### Idea #1

Each day, add one square to a large piece of colorful cardboard to create the full Holiday image from the Canadiens.

#### Idea #2

Display all 24 squares on a large piece of colorful cardboard and each day flip over the appropriate card revealing the activity for the day.

1



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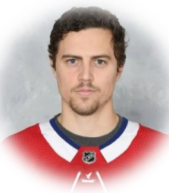
22

23



**1**

Write letters to Santa.

**2**

Listen to Christmas music.

**3**

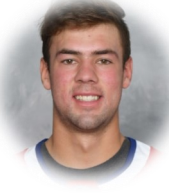
Make paper snowflakes to hang on your windows.

**4**

Make hot cocoa from scratch.

**5**

Have a pajama day.

**6**

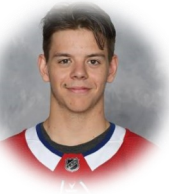
Play a board game.

**7**

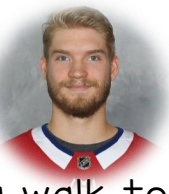
Donate toys you no longer use to a local charity.

**8**

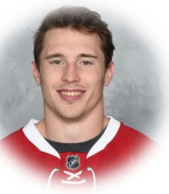
Make your own holiday cards.

**9**

Complete a jigsaw puzzle.

**10**

Go for a walk to look at Christmas lights.

**11**

Read a favorite Christmas story.

**12**

Make a gingerbread house.

**13**

Sing Christmas carols and record yourself!

**14**

Call someone you love just to say "hi!".

**15**

Make an ornament for your tree.

**16**

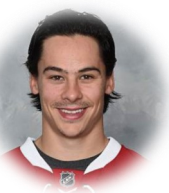
Bake something for someone special.

**17**

Make a bird feeder.

**18**

Play Christmas freeze dance.

**19**

Bake some Christmas cookies.

**20**

Build a pillow fort.

**21**

Take a Festive Family Photo.

**22**

Have a gift wrap race.

**23**

Watch a holiday movie.

**24**

Make a popcorn garland.