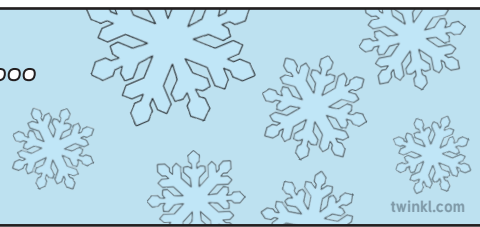


My good deed this Christmas is...



My Christmas wish is...



I'm going to make...



I'd like to give...



The kindest thing about Christmas is...



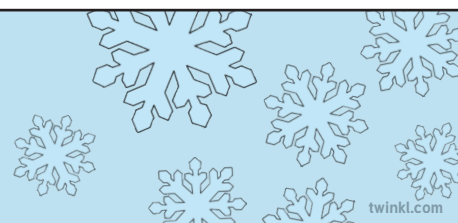
I'd like to share...



My best Christmas memory is...



I'd like to share a sleigh with...



To make the world a better place I want to...



Make one person smile every day.



Take three relaxed 'holiday' breaths each day.



Do something lovely for yourself each day.



Watch some twinkling lights - notice how they light up the darkness.



Make your body into a star shape and twinkle your fingers and toes!



Say thank you for something that's made a difference to you every day.



Enjoy noticing what you can hear, see, feel, taste and smell.



Stars can't shine without darkness.

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"Kindness is a gift everyone can afford to give."
Anonymous



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"Christmas waves a magic wand over this world."
Norman Vincent Peale



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"Be kind whenever possible. It is always possible."
Tenzin Gyatso, 14th Dalai Lama.



"The perfect Christmas tree? All Christmas trees are perfect!" Charles N. Barnard



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"Every time we love, every time we give,
it's Christmas." Dale Evans Rogers



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"Christmas isn't a season. It's a feeling."
Edna Ferber



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"I will honour Christmas in my heart, and try
to keep it all the year." Charles Dickens

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“Christmas is doing a little something extra for someone.” Charles M. Schulz.



**“We usually find that the simplest things give off the greatest glow of happiness.”
Bob Hope**



**“No act of kindness, no matter how small is ever wasted.”
Aesop**



“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” Amelia Earhart

“How do we change the world? One random act of kindness at a time.” Morgan Freeman



**“Try to be a rainbow in someone else’s cloud.”
Maya Angelou**

