

**In** *Jennie's*  
**Kitchen**

2021 Giving Advent Calendar

Simple Acts to Spread Kindness, Joy & Empathy

Donate to a local shelter

2021 Giving Advent Calendar by Jennifer Perillo 2021©

Buy an extra bag of groceries  
for the food bank

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Give someone a compliment

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Call a friend, and leave a message if they  
don't answer

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Write someone a note "just because"

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Offer someone a thank you, appreciation  
or apology

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Do something kind for yourself

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Donate supplies to a local animal shelter  
(or make a monetary donation)

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Hang a bird feeder in the yard or local park  
(if allowed), or think of another way to  
show nature your appreciation

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Write down 3 positive things about  
yourself

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Bake something for a neighbor, friend or  
your co-workers (boxed mixes &  
store-bought treats count as kindness, too!)

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Pay it forward, and make this calendar for  
someone to explore their own acts of  
giving & kindness

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