

## ADVENT CALENDAR ACTIVITIES

**December 1** - Make time to read the Week One family devotion and do the activity. Adapt your nightly routine to include a piece of the Advent devotion, like lighting your Advent wreath and discussing a question about the reflection.

**December 2** - What Christmas songs give you hope when you are feeling down? Take turns singing your favorite Christmas songs together.

**December 3** - Find a food pantry in your area, give them a call, and see if they have any special food needs this season. Help them meet their needs by buying a couple of items on their list.

**December 4** - Many people are fearful of insects. But without insects, there wouldn't be plants and animals on earth! Insects are essential for our survival. They bring us hope! Take some time to research a few insects. Learn about their special features that make them amazing! Bonus: Choose a favorite insect and celebrate them!

**December 5** - Many Christians celebrate Saint Nicholas Day on December 6. He was a priest who lived almost 2,000 years ago and paid special attention to children's care. In honor of Saint Nicholas Day, children worldwide put out their shoes on December 5th and receive treats the next morning. Tonight, write a thank-you note to the grown-ups who take care of you. Leave it in their shoes to find tomorrow morning.

**December 6** - Hope is looking ahead and expecting to find God's faithfulness. When you think about the upcoming year, where do you expect to see God's faithfulness? Write yourself a letter listing your hopes for the upcoming year. Hide it in a place that you will find later. When you reread it, see if your hopes look the same as you thought they would.

**December 7** - Family Game Night! Choose a favorite family game and play it together.

**December 8** - Make time to read the Week Two family devotion and do the activity.

**December 9** - Ancient people found peace by walking a labyrinth. It's like a maze, but with no dead ends. You wind around the labyrinth, breathing deeply, and slowing down your thoughts. Look up labyrinths online. Print or try drawing one. Trace it slowly with your finger and feel the sense of peace.

**December 10** - Christmas Cards are a fun tradition. Make time today to create Christmas and holiday cards to mail to friends or family. Remember to include messages of hope.

**December 11** – Meditation is an ancient form of prayer. It can help us feel peace. Practice a meditation for loving-kindness today. Place your hands on your heart, take a deep breath, and think of a friend, family member, or stranger. Say: May they be happy. May they be safe. May they know peace. May they be loved.

**December 12** – Make cookies as a family. Be sure to save a few for tomorrow!

**December 13** – Our neighbors in Sweden celebrate Saint Lucy's Day by remembering how the ancient Christian Lucia shared Jesus' love even though the Romans threatened to hurt her. Young girls dress in white and wear wreaths of candles on their heads. Everyone eats a ginger cookie. In honor of Saint Lucy's Day, light a candle and eat your favorite cookies.

**December 14** – Take a silent walk or drive around your block together. What signs of peace do you see? When you return home, gather together and share what signs of peace you saw.

**December 15** – Make time to read the Week Three family devotion and do the activity.

**December 16** – One way to bring joy to your neighbor is to support a small shop owner nearby. Place an order with a locally owned store and send something special to a friend or family member. This brings joy to your neighbor and your friend!

**December 17** – We find joy in art and expression, especially when we can create something colorful! Get out your watercolors, any kind will do, and experiment with large blobs of color. Or paint something specific. While the paint is still wet, sprinkle it with salt and watch what happens as it dries! Salt creates interesting patterns with watercolor. Perhaps frame it and give it as a gift.

**December 18** – Sometimes, we are so filled with joy that we have to dance. Turn up the Christmas music and host a family dance party.

**December 19** – Have a silly night and make pancakes with all your favorite toppings for dinner. While you are eating, share a moment of unexpected joy from your day.

**December 20** – Go Christmas caroling virtually! Using FaceTime, Facebook Messenger, Zoom, or another video platform, call up a friend or family that could use some holiday cheer. "The best way to spread Christmas cheer is singing loud for all to hear." (from the movie, Elf)

**December 21** – Make time to read the Week Four family devotion and do the activity.

**December 22** - What does love look like? Ask each person in your family to take a photo of something that reminds them of love throughout the day. In the evening, share your photos and thoughts about what love looks like in your home.

**December 23** - It's Christmas Eve Eve! Choose a favorite Christmas movie or book, cuddle up together with some hot chocolate and popcorn, and have some fun family time!

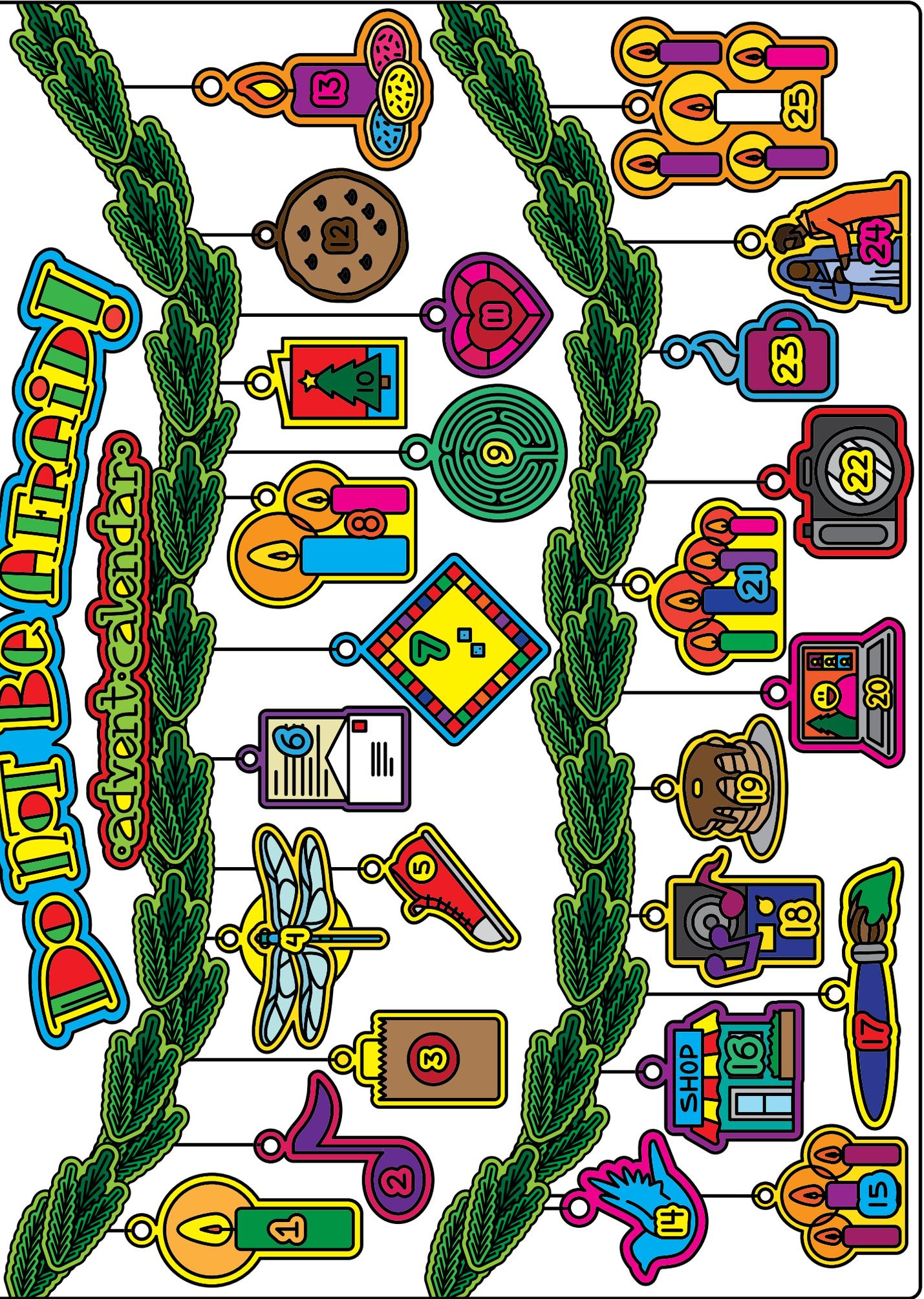
**December 24** - Some families prepare for Christmas by taking figures of Mary and Joseph on a journey around their house through the season of Advent. This symbolizes the journey they took to Bethlehem. Locate your favorite nativity scene. Read the scripture from the Christmas Eve family devotion and take Mary and Joseph on a journey through your house as you imagine their journey to Bethlehem. (Make sure to put baby Jesus in a special place and leave the manger empty today.)

**December 25** - Merry Christmas! Read the Christmas Day family devotion and put baby Jesus into the manger of your family's nativity scene. Sing "Joy to the World" together as you celebrate the birth of Jesus.

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# NOVEMBER!

## advent-calendar



# DO NOT BE AFRAID!

advent calendar

