

A FAMILY MINDFULNESS ADVENT CALENDAR 2025

Slowing Down, Connection, Gratitude, Joy, Kindness & Togetherness



The time leading up to Christmas is referred to as the time of Advent - the time of preparation to celebrate Christmas. An invitation to bring more awareness, compassion & love into your family.

www.susannenorth.com.au

Susanne North

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="font-size: 2em; font-weight: bold;">30 Nov</p> <p>1. ADVENT Mark the beginning of Advent with a simple Advent wreath. Use 4 candles (representing 4 Sundays before Christmas) to make a lovely table arrangement. Light the first candle of Advent - HOPE.</p> 	<p style="font-size: 2em; font-weight: bold;">1 Dec</p> <p>Day of Gratitude</p> <p>What was the best thing someone did for you?</p> <p>What was the best thing YOU did for someone else?</p> 	<p style="font-size: 2em; font-weight: bold;">2</p> <p>Day of "Star Breathing"</p> <p>Draw or print out a Star template and trace the outline of the star with your finger /pen whilst slowly in- and exhaling.</p> 	<p style="font-size: 2em; font-weight: bold;">3</p> <p>Day of Celebrating your Strengths</p> <p>Share a meal and speak about your talents & special strengths - your super powers. When we use them, we usually feel really good about ourselves. What are they and how can you use them?</p>	<p style="font-size: 2em; font-weight: bold;">4</p> <p>Day of Appreciation</p> <p>Thank each family member for something they did for you today.</p> <p>How did it make you and them feel?</p> 	<p style="font-size: 2em; font-weight: bold;">5</p> <p>Day of Kindness</p> <p>Perform a random act of kindness today. Pick some flowers for a friend, pay someone a compliment, give someone a hug.... write a thank you card.</p> 	<p style="font-size: 2em; font-weight: bold;">6</p> <p>Day of practicing "Buddie Breathing" together</p> <p>Lie on the floor and place a soft toy or your hands on your belly. Breathe in slowly through your nose and notice how your toy/hands move up. Slowly exhale and observe how the toy/hands moves down. Repeat 10x.</p>
<p style="font-size: 2em; font-weight: bold;">7</p> <p>2. ADVENT Light the second Advent Candle - PEACE. Discuss at dinner how you can make your home and communities more peaceful.</p> 	<p style="font-size: 2em; font-weight: bold;">8</p> <p>Day of Mindful Listening</p> <p>Pick a classical song and listen carefully to all the sounds you can hear. Or just sit in nature and listen mindfully. What did you discover? How did you feel?</p>	<p style="font-size: 2em; font-weight: bold;">9</p> <p>Day of using your senses to feel calm "I spy 54321"</p> <p>5 things you can see 4 things you can hear 3 things you can touch 2 things you can smell 1 thing you can taste</p>	<p style="font-size: 2em; font-weight: bold;">10</p> <p>Day of Gratitude</p> <p>Name three things/events that went well today. Why?</p>  <p>What happened?</p>	<p style="font-size: 2em; font-weight: bold;">11</p> <p>Day of Service</p> <p>Set the table, make the bed, help with the cooking or the laundry...</p> 	<p style="font-size: 2em; font-weight: bold;">12</p> <p>Day of Mindful Eating</p> <p>Notice the colours, shapes, texture, temperature and taste of your food. Eat & chew slowly. What do you observe?</p>	<p style="font-size: 2em; font-weight: bold;">13</p> <p>Day of Connection</p> <p>Create some fun time together, play and have a few good laughs. A pillow fight, dancing around the table... singing together... What did you notice?</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>3. ADVENT Light the third Advent Candle - JOY. What brought you joy this week? How can you bring more joy into your life every day?</p> 	<p>15</p> <p>Day of Practicing 3-4-5 Breathing Practice together. Lying down or seated. Breathe in slowly for three seconds, hold for four seconds, breathe out for five seconds. Repeat 5 times. How did you feel afterwards?</p>	<p>16</p> <p>Day of Making a "Gratitude Jar" Find an empty glass jar, decorate it and start collecting little gratitude notes which you collect in the jar. At the end of every week, read all the notes out around the dinner table. Start again.</p> 	<p>17</p> <p>Day of Love Call a grandparent today and have a chat via Zoom. Give someone a hug. Place an "I love you" note on your parents' pillow.</p> 	<p>18</p> <p>Day of Kindness Bake someone Christmas cookies, give a friend/parent a big hug, greet someone in the street with a big smile, carry someone's shopping, give your Mum a foot massage... Write some Christmas cards for your friends & neighbours and tell them what you appreciate or like about them.</p> 	<p>19</p> <p>Day of practicing Mindful Walking together Find a space outside/inside, take off your shoes and walk as slowly as you can. Noticing each step and movement. Feel the ground. See how slow everyone can walk. What do you notice? How does it feel?</p>	<p>20</p> <p>Day of Unplugging & Hugging Unplug all your computers and i-phones for the afternoon and make some Christmas cookies together. Snuggle up and read your favourite Christmas story. Be truly present.</p> 
<p>21</p> <p>4. ADVENT Light the fourth Advent candle today - LOVE. All four candles are lit today. Ask your family members for their favourite Christmas carols. Sing them together!</p> 	<p>22</p> <p>Day of "Back-to Back Breathing" Cross your legs and sit up straight. Sit back to back with another family member. Notice your own breathing. Then try noticing your partner moving as they breathe. After a few minutes, try to breathe at the same time so that you are both moving at the same time.</p> 	<p>23</p> <p>Day of Making a "Calming Glitter Jar" Fill a clear jar with water and glitter. The glitter represents your thoughts, feelings and busy mind. When you feel upset/stressed, shake the jar. Sit still, breathe slowly, and watch the glitter fall to the bottom—your mind will calm down just like glitter.</p> 	<p>24</p> <p>Day of Awe & Slowing Down! Lie on some grass and marvel at the clouds and nature. Listen to all the different nature sounds and find a quiet space for some breathing, reflection and quiet time. Did you notice how calm you have become?</p> 	<p>23</p> <p>Day of Preparation Make some Christmas cards and little personal gifts using treasures from nature. Plant some seeds in a little decorated ceramic pot. Write a poem, jokes, a song, a story about what you love about your family... your favourite moments of the year...</p>	<p>24</p> <p>The Night before Christmas Hang out your stockings and read "The Night before Christmas" together or "The Story of the birth of Jesus".</p> 	<p>25</p> <p>Merry Christmas! Try and intentionally make time to slow down together despite your many family commitments. Reflect on when your children were born? Do you remember the feeling of peace, joy, happiness and love? Share your memories of your children's birth with the family. Create new memories!</p> 

*Wishing you a mindful & peaceful Christmas.
Let your full presence be each other's presents!
May Hope, Peace, Joy & Love be your constant companion in the year ahead!
Take care and go gently - Susanne North*