A FAMILY MINDFULNESS ADVENT CALENDAR 2026



Advent is the season of preparation leading up to Christmas.
A special time to slow down, be more present and nurture what matters most:
bringing more awareness, deeper connection and greater love into our family lives.

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Susanne North

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Nov **1. ADVENT** Mark the beginning of Advent with a simple Advent wreath for your dining table. Use 4 candles (representing 4 Sundays before Christmas), some greenery, shells, leaves & other nature items. Light the **first** candle of Advent – **HOPE.** 	**30 Nov** **Day of Gratitude** What was the best thing someone did for you? What was the best thing YOU did for someone else?  How did it make you feel?	**1 Dec** **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. On Christmas day, read all the notes out around the dinner table. 	**2** **Day of Celebrating your Strengths** Share a meal and speak about your talents & special strengths - your super powers such as e.g. kindness or creativity. When we use them, we usually feel really good about ourselves. What are they and how can you use them ?	**3** **Day of Appreciation** Thank **each** family member for something they did for you today. How did it make you and them feel? 	**4** **Day of Kindness** Perform a random act of kindness today. Pick some flowers for a friend, pay someone a compliment, give someone a hug, buy a coffee for a colleague.... write a thank you card. 	**5** **Day of practicing "Buddie Breathing" together** 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.
6 **2. ADVENT** Light the **second** Advent Candle – **PEACE**. Discuss at dinner how you can make your home and communities more peaceful. 	**7** **Day of Mindful Listening** Pick a classical song and listen carefully to all the sounds/instruments you can hear. Or just sit in nature and listen mindfully. What did you discover? How did you feel?	**8** **Day of using your senses to feel calm** **"I spy 54321"** 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	**9** **Day of Gratitude** Name three things/events that went well today. How did you feel? 	**10** **Day of Service** Set the table, make the bed, help with the cooking or the laundry...give someone a hand. 	**11** **Day of Mindful Eating** Notice the colours, shapes, texture, temperature and taste of your food. Eat & chew slowly. What do you observe?	**12** **Day of Connection** Create some fun time together, play and have a few good laughs. A pillow fight, dance around the table to the tunes of "The Jungle Book"... use cook pots for drums, sing together...

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13 **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? Reflect on small things that lift up your heart & spirits. 	**14** **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?	**15** **Day of "Star Breathing"** Draw or print out a Star template and trace the outline of the star with your finger /pen whilst slowly in- and exhaling. You might want to hang up the star on your tree. 	**16** **Day of Love** Call or message a grandparent or friend today. Show them that they matter to you. Give someone a hug. Place an "I love you" note on the pillow of a loved one. 	**17** **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 someone a foot massage... Write some Christmas cards for your friends & neighbours and tell them what you appreciate or like about them. 	**18** **Day of practicing Mindful Walking together** After work, 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?	**19** **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 story. Be present. 
20 **4. ADVENT** Light the **fourth** Advent candle today - **LOVE**. All four candles are lit today. Ask your family members for their favourite Christmas carols or pop songs. Sing them together! 	**22** **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. 	**22** **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. 	**23** **Day of "Slowing Down & Finding Awe"** Intentionally pause. 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? 	**24** **Day of Preparation** Write a card of appreciation for each member of your family. Or create a keepsake album of all your favourite moments of the year. Hang out your stockings and read *"The Night before Christmas"* or *"The Story of the birth of Jesus"*.... 	**25** **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, and what you appreciate about your children and each other›	**26** **Merry Christmas!** Time to relax. No agenda. No to do list. Just showing up and being present. Time to play, have some fun and create new memories. 

Wishing you a peaceful & joyful Christmas.

May Hope, Peace, Joy & Love be your constant companion in the year ahead!

Take care and go gently - *Susanne North*