



# DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	20 21 <b>KINDNESS CHALLENGE</b>	30	<b>1 MAKE A DIFFERENCE</b>  As a class or group, choose a cause to help! Ex. Collect towels for an animal shelter, toothbrushes for a youth centre, or become pen pals with seniors at a local centre.  <i>Visit our website for more ideas</i>	<b>2 ANIMAL APPRECIATION</b>  Appreciate the animals in your community! This could be spending extra time with your pets or observing wildlife in your own backyard. What did you notice? How did spending time in the presence of animals make you feel?  <i>Visit our website to download and print the challenger</i>	<b>3 KINDNESS CHALLENGER</b>  Use the Kindness Challenger Fortune Teller to determine which small act of kindness to complete today. Encourage a friend to take a turn with the challenger.  <i>Visit our website to download and print the challenger</i>	<b>4 WILDLIFE CONSERVATION</b>  Choose an endangered animal species in Alberta to learn more about. Find out what more we can do to protect them. Share your information with at least two others.
<b>5 MOVE YOUR BODY</b>  Being physically active is important for your health and wellness. Spend 60 minutes moving your body to your ability. Ex. Take a brisk walk, play an active game, or dance.	<b>6 LEARNING ABOUT THE LAND</b>  Spend time reading books by Indigenous authors, and/or learning about the Indigenous peoples who originated on the Treaty land you live on. Reflect on what you've learned.  <i>Visit our website for resources from the NCTR</i>	<b>7 PLAY WITH PETS</b>  Toys and play help animals express their normal behaviour. Make a toy or game for your pet, or if you have a fish or reptile, add enrichment to their habitat!  <i>Visit our website for more ideas</i>	<b>8 CONNECT</b>  Write a letter, call, or video chat a friend or family member. Tell them why you appreciate them.	<b>9 NATURAL HABITAT</b>  Native plants are important as they require less water, promote pollination, and preserve natural habitat. Discover what plants/flowers/tree species are native to your community. Find a native tree/bush species in your community. Take a photo!	<b>10 ANIMAL GAME</b>  Play the 'Get Nina Home' Animal Game to learn about animal welfare and safety. The game covers pets, farm animals, and wildlife. As we learn more about animals and their needs, the better we are at providing care.  <i>Visit our website for game</i>	<b>11 GET OUTSIDE</b>  Get outside with nature and enjoy the fresh air. Look for wildlife or signs that they have been in the area. What did you find? Remember to pick up any litter you come across.
<b>12 FAMILY TIME</b>  Help plan and prepare dinner with your family. After enjoying the meal together, help clean up.	<b>13 REDUCE YOUR WASTE</b>  Instead of tossing it in the garbage or recycling, reduce your waste by finding a different use for an item you no longer need.  <i>Visit our website for ideas</i>	<b>14 MINDFULNESS</b>  Find a quiet space where you can sit for 2 minutes by yourself. Think about something you are proud of or grateful for. Share with a friend if you'd like.	<b>15 FIVE FREEDOMS</b>  Domestic (pets and farm) animals rely on people for more than just food, water, and shelter. Go over the Five Freedoms and list three other things animals need.  <i>Visit our website for more info on the Five Freedoms</i>	<b>16 MAKE YOUR CONTRIBUTION</b>  As a class or group, discuss your success and how it will help the organization or group you chose to help on the 'Make a Difference Day.' Give yourselves a pat on the back for making a difference!	<b>17 REFLECTION</b>  Journal about your Kindness Challenge experience. How did completing this challenge make you feel.  <i>Visit our website for reflection prompts</i>	<b>MAKE YOUR MARK!</b>  Visit our website to let us know if you completed the challenge to be added to the Kindness Map!