

# SMSC Countdown to Christmas

<p><b>1</b></p> <p>Open a door for a stranger</p>	<p><b>7</b></p> <p>Pick up a piece of litter from the yard</p>	<p><b>17</b></p> <p>Recycle whatever paper, bottles and plastic items possible</p>	<p><b>5</b></p> <p>Give a compliment</p>	<p><b>3</b></p> <p>Write a thank-you note to someone who won't expect it</p>
<p><b>11</b></p> <p>Help a peer with their work</p>	<p><b>21</b></p> <p>Offer to help tidy a classroom</p>	<p><b>2</b></p> <p>Clean a room without being asked</p>	<p><b>24</b></p> <p>Meditate</p>	<p><b>19</b></p> <p>Say thank you to 5 different people</p>
<p><b>4</b></p> <p>Set yourself a personal challenge</p>	<p><b>13</b></p> <p>Go social media free for a day</p>	<p><b>25</b></p> <p>Be present</p> 	<p><b>10</b></p> <p>Learn to say hello in 3 different languages</p>	<p><b>15</b></p> <p>When you are outside, stop and look around you. Take time to appreciate nature</p>
<p><b>23</b></p> <p>Listen to a song from a different genre to normal</p>	<p><b>8</b></p> <p>Save electricity by unplugging your devices when not in use</p>	<p><b>20</b></p> <p>Say thank you to school canteen staff/cleaners</p>	<p><b>12</b></p> <p>Help clean plates from the canteen</p>	<p><b>6</b></p> <p>Eat 10 different fruits/vegetables</p>
<p><b>16</b></p> <p>Pick up rubbish from the street and put it into the bin</p>	<p><b>22</b></p> <p>Take a bag of old clothes to charity</p>	<p><b>18</b></p> <p>Make a card or note to tell someone you love and appreciate them</p>	<p><b>9</b></p> <p>Use the library</p>	<p><b>14</b></p> <p>Help your teacher with something</p>