

Advent Activity Calendar

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
						NTF Christmas Capers online event!
6	7	8	9	10	11	12
Learn something new	Pause, and take time out.	Start your day with thanks	NTF lunchtime online group!	Get crafting	Enjoy an afternoon tea	Clear out a drawer
13	14	15	16	17	18	19
Sing your heart out	Practice Gratitude	Take time in nature!	NTF lunchtime online group!	Relax and do some reading	Try gentle chair yoga	Doodling or colouring
20	21	22	23	24	25	26
Wear your Sunday best attire	Do an exercise session	List your achievements	NTF online Christmas Party!	Watch something funny	Have a Merry Christmas!	Look at photos that make you happy
27	28	29	30	31	1	2
Mindful eating	Dance like no one is watching	Silence mobile devices for 15 mins	Practice yoga - stretching - meditation	Pamper yourself on New Years Eve.	New Year Day 2021, new you! Get active.	Read a poem
3	4	5	6	These daily activities are just suggestions. Perhaps you would like to create your own.		
Play a game	Take a walk	Hobby Day	Take up a new NTF challenge!			