

 <p>Do a random act of kindness for a stranger or friend!</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Buy a gift for a child in need through Santa Stork's online shop!</p>  <p>www.stripeystork.org.uk/santashop</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Pray for people who feel worried, stressed or anxious in the lead up to Christmas.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Smile at someone as you pass them on the street.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Reflect on the last week. What did you enjoy the most?</p>  <p>SPARKFISH  Advent Challenge</p>
 <p>Do something active. Get your heart rate pumping with 15 minutes of exercise.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Take 3 minutes to be still, to pause, breathe deeply and imagine a peaceful place.</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Catch up with a friend, neighbour or family member who you haven't spoken to in a while.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Pray for people who feel sad and lonely this season.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Do something helpful at home for someone you live with (or for yourself if you live on your own.)</p> <p>SPARKFISH  Advent Challenge</p>
 <p>Bake something delicious and deliver it to a friend or neighbour.</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Reflect on your week. What 3 things are you most thankful for?</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Encourage someone. Tell a friend or sibling 3 things you like about them.</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Donate some Christmas treats to a local food bank.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Pray for those around the world who have far less than us at Christmas.</p> <p>SPARKFISH  Advent Challenge</p>
 <p>Give someone you care about a hug.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Be kind to yourself. Write a list of 5 things you are really good at. If you get stuck ask a friend to help.</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Listen to some Christmas Carols and dance around your room.</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Reflect on your week. Who made an impact on you this week?</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Get creative. Draw, paint, write or do some colouring in.</p> <p>SPARKFISH  Advent Challenge</p>
 <p>Pray for those who go to and work in schools as they take time to rest this season.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Go for a walk outside, visit a park or local woods.</p> <p>SPARKFISH  Advent Challenge</p>	 <p>Think about your goals for 2022. What would you like to achieve?</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>Do something relaxing, have a bath and get an early night.</p>  <p>SPARKFISH  Advent Challenge</p>	 <p>"She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." Matthew 1:21</p>  <p>SPARKFISH  Advent Challenge</p>

Merry Christmas from everyone at