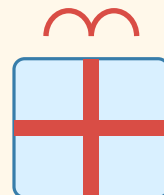
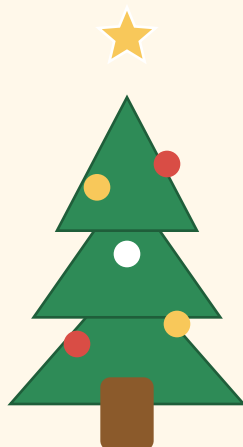


Christmas Kindness Countdown

For Kids

Songs, helper jobs, cards and kind moments

- ★ Kindness song page
- ★ Kind words practice
- ★ Thank-you card template
- ★ Countdown chart
- ★ Helper jobs checklist
- ★ Certificate



Kids Songs Learning Hub



How to Use This Pack

Use this printable to help children practise small acts of kindness during Christmas. Choose one page at a time, keep it gentle, and make the activities feel like family connection, not a test.

1. Choose one kind activity

Pick one simple idea for the day, such as making a card, saying thank you, or helping tidy toys.

2. Add a song

Sing the kindness song before or after the activity. Repetition helps young children remember routines.

3. Notice small efforts

Praise the effort: "You used kind hands" or "You helped put the napkins on the table."

4. Keep it pressure-free

Children should not be forced to hug, perform, share, or give away belongings if they feel distressed.

Gentle safety reminder

Always supervise young children. Keep small parts, batteries, magnets, sharp tools, hot items, cords, ribbons and choking hazards away. Adapt every activity for your child.





Christmas Kindness Song



Sing this song before cards, helper jobs, family visits, tidy-up time or the kindness countdown.

**Kind hands, kind words,
Kind hearts every day,**

We can share a little love,
In a Christmas kind of way.

Kind smiles, kind feet,

Helping as we go,
Little acts of kindness,
Make our Christmas glow.

Actions to try

☐ Show kind hands

☐ Point to your heart

☐ Share a smile

☐ Wave gently





Kind Hands Activity Chart

Colour a heart or add a sticker each time your child practises a kind action. Use this chart to notice effort, not to compare children.



Used kind hands



Said thank you



Helped tidy



Shared a smile



Waited for a turn



Made a card



Helped at table



Sang for someone



Used gentle words



Helped a sibling



Prayed/reflected



Tried again



Today I noticed kindness when: _____



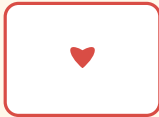


Thank-You Card Template

Fold a separate sheet of paper or use this page as a card plan. Children can colour the shapes and adults can write the words.

My Christmas Thank-You Card

Draw or colour a picture here



To: _____

Thank you for: _____

My kind words: _____

From: _____

Kind words to try: Thank you | I love you | You helped me | Merry Christmas





Kindness Jar Ideas



Cut out the cards or copy the ideas onto paper strips. Choose one kind activity at a time. Use a plastic tub for toddlers, not a glass jar.

★ Say thank you

★ Help tidy toys

★ Make a card

★ Sing for someone

★ Share a book

★ Use kind hands

★ Help set napkins

★ Smile and wave

★ Draw a picture

★ Choose a song

★ Pray for someone

★ Help recycle paper





Christmas Helper Jobs



Choose safe helper jobs only. Toddlers should not handle hot food, glass, candles, batteries, plugs, cleaning products, sharp tools or breakable decorations.

- ☐ Put napkins on the table
- ☐ Place cards in a pile
- ☐ Choose a Christmas song
- ☐ Put crayons away
- ☐ Carry a soft toy
- ☐ Put paper in recycling
- ☐ Wipe with a damp cloth
- ☐ Pass a safe item to an adult
- ☐ Put books in a basket
- ☐ Help choose a kindness card

Helper Song

Little helper, here we go,
Helping makes our Christmas glow.
Thank you for your help today.





Kind Words Practice

Practise kind words with teddy bears, dolls or family members. Children may copy one word, point, clap, or simply listen.

Please

Thank you

Can I have a turn?

Would you like one?

I am sorry

Are you okay?

That was kind

I can help

Teddy practice

Teddy gives a gift. I can say: _____

Teddy falls down. I can ask: _____

Teddy wants a turn. I can say: _____





Christmas Kindness Countdown



Use this 12-day countdown, or choose fewer days if that works better for your family. Colour a star after each kind activity.

★ Day 1



Say thank you

★ Day 2



Make a card

★ Day 3



Help tidy toys

★ Day 4



Sing for someone

★ Day 5



Share a book

★ Day 6



Help set napkins

★ Day 7



Use kind words

★ Day 8



Draw a picture

★ Day 9



Choose a song

★ Day 10



Smile and wave

★ Day 11



Help recycle
paper

★ Day 12



Notice someone
kind





Family Reflection Page



Use this page at bedtime, after a family activity, or before a Christmas song. Families who pray can use the prayer box. Families who prefer reflection can use the question boxes.

Who can we be kind to today?

Who can we say thank you to?

What kind action did we notice?

What song can we sing for someone?

Optional simple prayer

Dear God, thank You for Christmas.
Help us use kind hands, kind words and loving hearts.
Please bless our family and help us care for others. Amen.

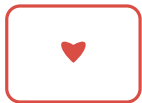




My Kind Christmas Moment

Draw or write about one kind thing you did or noticed. Adults can write the child's words.

Draw your kind moment here



Today I was kind when: _____

I helped: _____

I felt: _____

My favourite song was: _____





Certificate



Little Christmas Kindness Helper

This certificate is awarded to

for practising kind hands, kind words and a caring heart.

Kind actions I tried:

☐ I helped

☐ I shared a smile

☐ I said thank you

☐ I used kind words

Date: _____ Signed: _____

