



# 12 DAYS OF Kindness

## THE WEEK Junior

PROUDLY  
SUPPORTS

Action for  
Children

## Be kind this Christmas

The festive season is a time to celebrate with friends and family, and to spread joy and goodwill to people near and far. It's a time to be kind – and that's why we're inviting you to join *The Week Junior's* 12 Days of Kindness challenge.

This pull-out poster features 12 simple activities to help you spread kindness this Christmas. Carefully remove it from your magazine and stick it up somewhere where you can see it. Tick the box beside each completed act of kindness. You'll find instructions, ideas and inspiration at [theweekjunior.co.uk/12daysofkindness](http://theweekjunior.co.uk/12daysofkindness).

We'd love to hear about the kind things you've done and how they made you feel. Share your experiences with us at [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk) or ask an adult to share them on social media @theweekjunior #12daysofkindness.

Have fun, smile and be kind.

**The Week Junior Team**





## 12 DAYS OF Kindness



**1**

**Wish**  
your loved ones a safe and happy Christmas.  
Just print out our Action for Children gift  
tag and write a special message.

Find out how at  
[theweekjunior.co.uk/12daysofkindness](http://theweekjunior.co.uk/12daysofkindness)

☐ DONE!

Tick a box after completing  
each act of kindness



**2**

**Entertain**  
your family by  
putting on  
a pantomime

Find out how at  
[theweekjunior.co.uk/12daysofkindness](http://theweekjunior.co.uk/12daysofkindness)

☐ DONE!



**3**

**Call**  
a friend or family  
member to let them  
know you care.

☐ DONE!



**4**

**Give**  
your old books to charity.  
Visit [childrensbookproject.co.uk/donate-books](http://childrensbookproject.co.uk/donate-books).

☐ DONE!



**5**

**Make**  
someone smile  
by telling them  
a joke.

☐ DONE!



**6**

**Be nice**  
to nature –  
create your  
eco-friendly  
wildlife food

Find out how at  
[theweekjunior.co.uk/12daysofkindness](http://theweekjunior.co.uk/12daysofkindness)

☐ DONE!



**7**

**Find out** how your family  
could become a Secret Santa for a  
vulnerable child with Action for Children  
at [iamsanta.org.uk/kindness](http://iamsanta.org.uk/kindness).

☐ DONE!



**8**

**Make**  
breakfast for  
the family.

☐ DONE!



Always  
ask an adult's  
permission before  
preparing food.



**9**

**Read**  
a bedtime story  
to a friend or  
family member.

☐ DONE!



**10**

**Give**  
someone  
a hug.

☐ DONE!



**11**

**Donate**  
outgrown toys  
and clothes to a  
local charity shop

☐ DONE!



**12**

**Protect**  
the planet by  
recycling your  
household waste.

☐ DONE!



Go to [theweekjunior.co.uk/12daysofkindness](http://theweekjunior.co.uk/12daysofkindness) for tips, templates  
and videos to help you complete these activities. We love  
hearing from our readers so do let us know how you get on.  
Email the team at [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk) or ask an adult to  
share on social media using #12daysofkindness #theweekjunior.





## Note from *The Week Junior's* Editorial Director

Festive lights are being turned on in towns and cities across the UK, boxes of baubles will be coming out of storage and the hunt for the perfect presents is about to begin.

While not everyone celebrates Christmas, this is a time of year when many people enjoy connecting with others. It's also an opportunity to think about how we can all help each other, and especially those who are less fortunate.

Luckily, you don't have to be rich or powerful to have a positive impact on other people – a small act of kindness can make a very big difference. I hope our 12 Days of Kindness challenge will inspire you to do something nice for someone else.

I look forward to hearing how you get on!

Anna Bassi

**COMPETITION!**

## Become an Action for Children Secret Santa

For most of us, the festive season is a happy time. But there are children all over the UK who face a Christmas without food, warmth or love.

Action for Children is working hard to change this, but needs our help. That is why *The Week Junior* is supporting its Secret Santa campaign this Christmas. You don't need a team of reindeer or a magic sleigh.

By becoming an Action for Children Secret Santa, your family could bring happiness, warmth and safety to vulnerable children across the UK.

To find out more about Action for Children and its Secret Santa campaign, please go to: [iamsanta.org.uk/kindness](https://iamsanta.org.uk/kindness).



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## Design our Christmas cover

Don't miss the chance to see your creation featured on *The Week Junior's* festive front page.

All you have to do is create an eye-catching illustration for our cover and send it to us before the **deadline of midnight on Tuesday 7 December 2021**.

### The judges

Three amazing illustrators will be helping the editorial team to select the winning design:



**Olaf Falafel**  
Illustrator of  
*Unleash Your  
Creative Monster*  
(Walker Books)



**Penny Neville-Lee**  
Illustrator of  
*Wish You Was*  
(Bloomsbury)



**Selom Sunu**  
Illustrator of  
*The Christmas  
Carrolls*  
(Farshore)

### The prizes

The winning entry will be featured on the front cover of *The Week Junior* issue dated 18 December 2021. The winner will receive a framed print of the cover and copy of each of the books listed above.

Two runners-up will see their designs displayed inside the same issue and will also receive the three books illustrated by our judges.

For more information including a downloadable template and terms and conditions go to [theweekjunior.co.uk/christmas-cover](https://theweekjunior.co.uk/christmas-cover).



Last year's winning entry.