

Student Career News

'Tis the season

'Tis the season for many things including Career Development. This newsletter highlights a few happenings, news items, upcoming events, and scholarships. Enjoy!

November was Canada Career Month!



Career Development helps students develop skills to keep moving forward, embrace the unknown, increase your self awareness, see opportunities, build relationships, know your strengths, hold hope, and be nimble. ([Canada Career Development Foundation](https://www.careerdevelopment.ca/)).

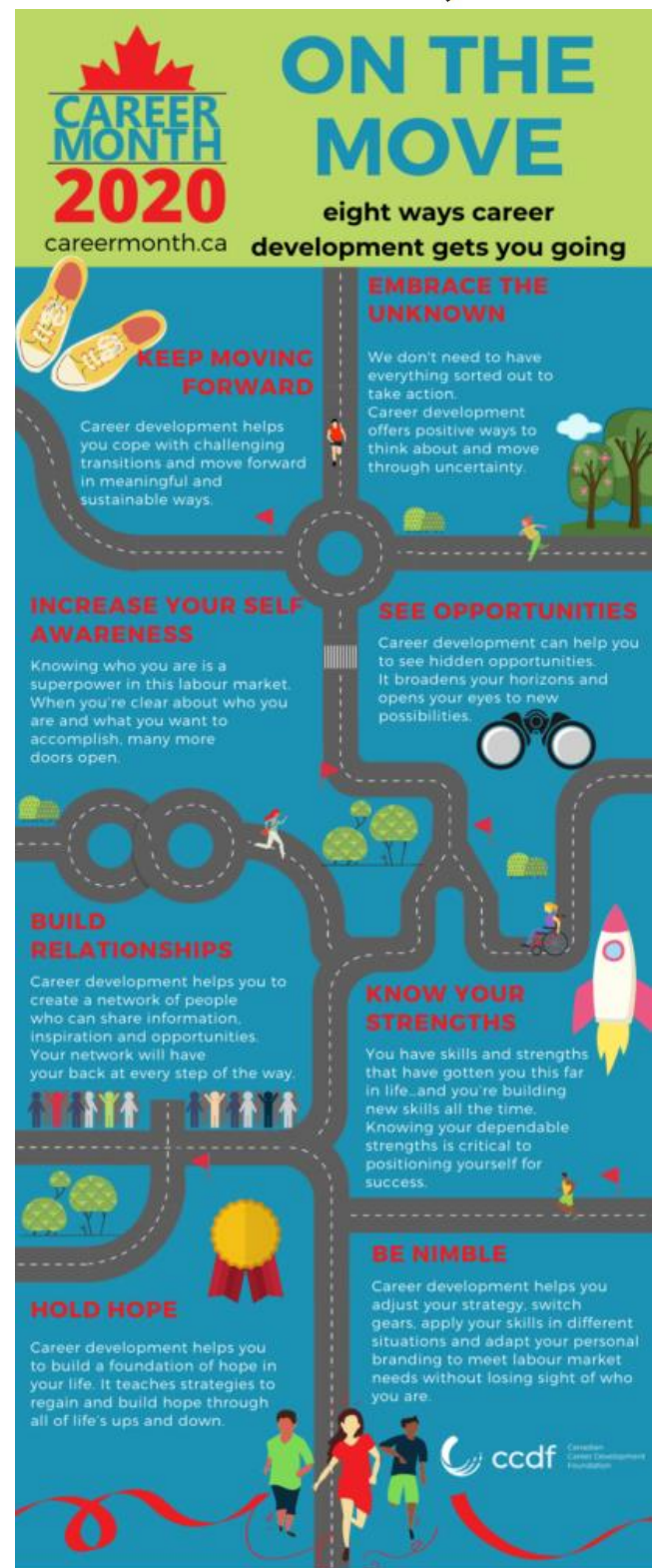
A huge shout-out to our Career Development LEAD Teachers who coordinated various activities, events, classroom learning, etc. in celebration of Canada Career Month. Here are a few highlights:

TAKE OUR KIDS TO WORK (TOKW) DAY:

Many Grade 9 students from our school division participated in virtual Take Our Kids To Work Day learning experiences as part of Canada Career Month.

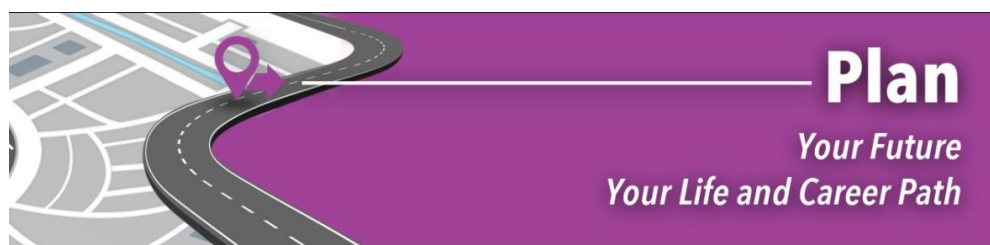
SASKATCHEWAN YOUTH

APPRENTICESHIP PROGRAM: Any Grade 10 to 12 students interested in pursuing the skilled trades have an opportunity to enroll in the Saskatchewan Youth Apprenticeship Program. Please speak to your Career Counsellor for details. Huge benefits – in addition to exploring a trade or trades of interest, successful completion means future waiver of indenturing fee, no charge for Level 1 technical training, and 300 hours of trade time credit.



CAREER CONVERSATIONS: Our Career Development Teachers offered virtual Student/Parent/Teacher Conferences to support students/families with the career exploration process and progress in Career Education and Career and Work Exploration classes.

WORK-BASED LEARNING PARTNERS: THANK YOU to all of our local and area business partners who support student learning. We realize this is a significant investment in time and resources. Thank you for believing in and supporting the skill development and life/career investigation of our young people.



Also, in conjunction with Canada Career Month, students/families were encouraged to engage in various career conversations/activities to help plan your future and life/career path. If you missed exploring in November (see November 2020 Edition), no worries – there is still time! As well, below are some additional ideas:

RELEVANCE MAGAZINE is a SK created magazine featuring career options for the future of youth. The 2021 edition is available and has tons of relevant information and ideas for students including the **Saskatchewan Job Chart!**



Also, view the online magazine for information on topics like labour market information, financial literacy, job search strategies, mental health, etc. For a concept relevant to anyone, see pages 46 and 47 for an article titled, *“Skills, Skills, Skills! Why Everyone Keeps Talking about Skills”*.

SIEC: The Saskatoon Industry Education Council is hosting a number of virtual [Career Spotlights](#). The December focus is on Health Care and interested students/parents are welcome to attend virtually. (Dec 8th Physician’s Career Panel, Dec 9th Nursing Career Panel, recorded tour of Jim Pattison Children’s Hospital, etc.



RDIEC: The Regina District Industry Education Council is hosting a series of online Career Spotlights which are preserved on their [YouTube Channel](#). Students and Parents are encouraged to check them out. As well, December brings another incredible line up of spotlights (Dec 4th Veterinarian, Dec 11th Computer Applications Engineer, Dec 15th Entrepreneurship). Take advantage of these amazing life/career investigation opportunities that are Saskatchewan based!

UNIQUE OPPORTUNITIES: Informed decisions can lead to future happiness. Explore various websites to learn more about unique occupations. Whether you are wondering about employment, a gap year, college, university, travel, scholarships, resume building, portfolio building, etc., your Career Counsellor can help you investigate. Did you know there are some unique opportunities with [Canadian Pacific Railway](#), unique programming Radiation Therapy opportunities with the [Saskatchewan Cancer Agency](#), or lots of ideas for virtual work experiences [Virtual Work is Here: A Guide for Youth ?](#)

MyBLUEPRINT

myBlueprint is available to Grade 9 through 12 students and families in relation to life/career planning. This tool can help students/families:

1. Better understand themselves using various self-assessments.
2. Efficiently create resumes.
3. Research high school courses that are required for their programs of interest.
4. Research post-secondary programs so they are aware of important dates and resources available to them (i.e., scholarships, bursaries, moving dates, etc.)
5. Develop a budget to finance their post-secondary pathway, etc.

PARENTS can sign up for accounts too!! Please inquire with your Career Counsellor.



SUN WEST STUDENT LEADERSHIP PROGRAM 2020-2021

Student Leaders from across Sun West School Division met virtually on December 2nd to begin planning for our virtual Sun West Student Leadership Conference and to begin the investigations of the Youth Consultation Team. Being involved in our Sun West Student Leadership program is an opportunity to meet and collaborate with students from across our division, further develop positive 21st century skills, and share insights with peers from home schools and across the division. Advisors Ms. Sampson and Mrs. Lewis look forward to this year's adventures in student leadership! Congratulations and welcome to our 2020-2021 Student Leaders!

Team Sun West	Youth Consultation
Ayla – Elizabeth Middle School	Hannah – Kindersley Composite School
Emma – Elizabeth Middle School	Cassidy – Westcliffe School
Clay – Beechy School	Shawi – Eaton School
Reece – Loreburn Central School	McKayla – Beechy School
Callie – North West Central School	Alex – Elizabeth Middle School
Macey – Kenaston School	Brylee – Rosetown Central High School
Jordyn – Outlook High School	Maryssa – North West Central School
Jorja – Loreburn Central School	Ava – Lucky Lake School
Cheyenne – Elrose Composite School	Macy – Loreburn Central School
Anika – Kindersley Composite School	Jill – Kindersley Composite School
Treyton – Elizabeth Middle School	Aliesha – Biggar Central School 2000
Aarika – Elrose Composite School	Ethan – Loreburn Central School
Hannah – Lucky Lake School	Isabella – Biggar Central School 2000
Ryanna – Eaton School	Paige – Dinsmore Composite School
Emma – Eaton School	

Occupation Spotlight



Considering Computer Science?

If so, you may wish to investigate ideas, information, opportunities, post secondary institutions, etc. Here are a few links to get you started:

[Road Trip Nation](#) offers a short US based video titled, **“How computer science is solving 5 of the world’s biggest problems”**.



View resources on topics of interest such as the [Computing Careers and Disciplines](#) reference guide.

Search for Computer Science occupations and post secondary opportunities using myBlueprint, visiting post-secondary websites, and/or utilizing other online tools.

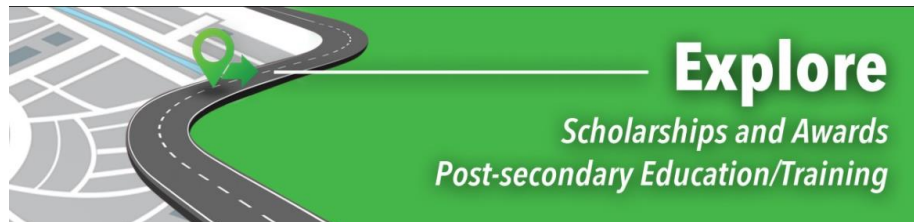
Seek cool ideas or skill building opportunities in related areas. This SK teen is building a [virtual replica of Regina in Minecraft](#).

Make a plan to talk with someone in your field of interest.

News

- A. Our Career Development LEAD Teacher Team has created a **Sun West Career Development Facebook Page** to help students/families stay up-to-date with timely information. If interested, please visit: <https://www.facebook.com/SWCareerConnectors/>
- B. [Sun West Resource Bank](#): Current and past issues of this newsletter can be found on our Sun West Resource Bank by searching “Student Career News”.
- C. **In Grade 12 and interested in University but feeling Unprepared?** If so, you may want to join the upcoming sessions through the University of Regina. Contact the [U of R Student Success Centre](#) to see how you can join courses to assist in preparing students for academic writing, research, note taking, reading, study skills, test writing and managing stress. Students are also welcome to join [Student Success Workshops](#) and/or [Online Workshops](#).

- D. **Interested in the Skilled Trades?** Check out the list of [Designated Trades](#) within our province. Also, see the [Entrance Requirements for Apprenticeship Training](#). Other opportunities to consider while in high school:
- a. [Saskatchewan Youth Apprenticeship Program](#) helps students explore opportunities in the skilled trades. Ask your Career Counsellor for information on this awesome program. Benefits include 100 hours of trade time/level completed, waiver of indenturing fee, waiver of first level of technical training tuition, etc
 - b. Apprenticeship Credits are a unique opportunity for students to earn a wage and up to 4 school elective credits. Students must have a job working in a skilled trade under a certified journeyperson in order to be considered for these credits. Inquire with your Career Counsellor for information.
 - c. [Trade Up Saskatchewan](#) is a website for people interested in construction trades.
 - d. Read [Dayna Georges' story](#) of how she overcame her misconception about the trade when she discovered there is a tool for everything! She is working as a Heavy Duty Equipment Technician for the Ministry of Highways and Infrastructure.
- E. [Neil Squire Society](#) – is a non-profit organization that offers programs to assist individuals with disabilities in becoming job-ready, finding employment, etc. Clients must be 15 years of age and have a self-disclosed disability. (306) 781-6023.



Post-Secondary Updates

This section contains links to some post-secondary opportunities being investigated by our Sun West School Division students.

- A. [Briercrest College and Seminary](#):
 - a. [Webinars](#) are available.
- B. [Canadian College of Naturopathic Medicine](#)

C. [Canadian Forces Recruiting](#):

- a. Regular Force (Full Time) Members of the Regular Force serve full time protecting Canada and defending our sovereignty.
- b. Primary Reserves (Part Time) Members of the Reserve Force serve part time in the CAF. The main role is to support the Regular Force at home and abroad.
- c. Paid Education. The Canadian Armed Forces (CAF) has a number of paid education programs to prepare you for a challenging and rewarding career.
- d. <https://forces.ca/en/apply-now/>
- e. [Life in the Canadian Air Force](#)
- f. [Life in the Royal Canadian Navy](#)
- g. [Life in the Canadian Army](#)

D. [Great Plains College](#):

- a. [Great Plains College](#) is a popular choice of division students. Great Plains College has campuses in Biggar, Kindersley, Maple Creek, Martensville, Rosetown, Swift Current, and Warman.
- b. [Be Here](#) Video
- c. [Start Your University Year](#) Video
- d. [Scholarship](#) Video

A. [Lakeland College](#):

- a. Students and parents can view virtual tours of [Lloydminster Campus](#), [Vermilion Campus and Farm Tour](#), [Vermilion Campus and ETC Tour](#).
- b. [Lakeland in 60](#) links

B. [Medicine Hat College](#):

- a. [Medicine Hat College](#) offers in-person campus tours, student for a day, and group visit options. Check out the website for details. As well, you can visit MHC [virtually](#)!
- b. Our MHC student recruiter is Alison Pfeifer. You can contact her to book an [advising session](#).
- c. [MHC Future Student Info Session](#) Dec 9th.
- d. [Intro to MHC](#) Video
- e. [MHC applications](#) Most programs are First Qualified, First Admitted (FQFA), so don't delay.
- f. [Agroecology Technician](#) is NEW!
- g. [MHC Viewbook](#)
- h. Residence Tours for [Coulee View](#) and [Golf View](#)

C. Mount Royal University

- a. [Digital Resources for Students](#)

D. [NAIT](#)E. [Olds College](#):

- a. You can also tour Olds Campus [virtually](#)!
- b. [Webinars Wednesdays](#)! Each webinar will run from 5:00 to 7:00pm featuring a given program. See website for details.
- c. [Links to help guide for Counsellors & Parents](#) can be found by going to link and scrolling to the bottom of the page.
- d. New! [Agriculture Technology Programs](#)
- e. [Animal Health Technology](#) applications open Dec 1st.
- f. [Olds College Smart Farm](#)
- g. [Turfgrass Management](#)

F. [Royal Canadian Mounted Police](#)

- a. [150 Specializations Video](#)
- b. [A Career Nowhere Near Ordinary Video](#)

G. [SAIT](#)H. [Saskatchewan Polytechnic](#)

- a. Grade 12's interested in one of Saskatchewan Polytechnic's First Qualified-First Admitted [Programs](#) (most of their programs), should **apply asap**. Check out the [2020-2021 View Book](#).
- b. Applications are now open for [High Demand Programs](#). These include [Dental Hygiene](#), [Medical Radiologic Technology](#), [Medical Laboratory Technology](#) and [Practical Nursing](#). Deadline to apply is Feb 15th.
- c. Sask Polytechnic has a number of [Program Updates](#).
- d. [SAIT Information Sessions](#), Open House, etc.
- e. [The Women in Trades & Technology](#) Offers exploratory courses and other opportunities for young women to explore trade & technology careers through hands on, experiential learning sessions. Contact Michelle, 306-694-8446.

I. [Vancouver Film School](#)

- a. [VFS Showreel](#)

J. [University of Alberta](#)

- a. [Bound for Great Things Video](#)
- b. [Undergraduate Viewbook](#)
- c. [U of A tours and events](#)
- d. [High School Counsellor's Toolkit](#)
- e. [Entrance Scholarship](#) deadline is Dec 15th.

- K. [University of British Columbia](#)
- [Campus Tours at UBC's Vancouver Campus](#) – various dates
 - [Campus Tours at UBC's Okanagan Campus](#) – various dates
 - Final application deadline – January 15th
- L. [University of Calgary](#)
- [Stories and Tips for Future Students](#)
 - [How to Apply](#)
- M. [University of Lethbridge](#):
- [University of Lethbridge](#) Video
- N. [MacEwan University](#)
- O. [McGill University](#)
- P. [McMaster University](#)
- Q. McMaster University offers various [tours](#) including virtual tours.
- R. [University of Regina](#)
- [First Nations University of Canada](#) is open to all students regardless of heritage. Campus tours are available.
 - [Faculty of Nursing](#): Applications for the Saskatchewan Collaborative Bachelor of Science in Nursing program will continue to be accepted by SaskPoly from Oct 1st to Feb 15th.
 - [Nursing for Prospective Students](#): Video information sessions will be offered on the first Thursday of each month for five months. Jan 7, Feb 4 at 6:00PM. Spots book quickly, so book yours today.
 - If conditionally accepted to the U of R, see the [Admission Checklist](#) as it is helpful to students as they plan next steps.
 - Thinking of taking a “Gap Year” but wish to have your post-secondary studies lined up? The U of R has an option for you to apply for to help you return the following year without reapplying. You must first be admitted to a program to apply for the gap year option. Contact Admissions for information.
- S. [University of Saskatchewan](#)
- Learn [How To Apply](#) to the University of Saskatchewan.
 - Students can begin applying for direct entry admission to the [Education Programs](#) (elementary/middle years and secondary)
 - [The Best and Brightest Scholarships](#). Student must first apply for admission by December 1st then can apply for the following scholarships by Dec 15th:

[George and Marsha Ivany President's First and Best Scholarships](#)

[Chancellors' Scholarships](#)

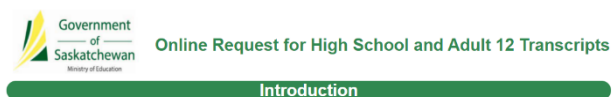
[U of S Entrance Scholarships](#)

[Edwards Undergraduate Scholarships](#)

[College of Agriculture and Bioresources Renewable Entrance Scholarships](#)

- d. Feb15th is the priority deadline to apply to U of S and be eligible for the [Competitive Entrance Awards, Scholarships and Bursaries](#).
- e. [The College of Engineering is "Re-Engineering"](#) the first year for Engineering Students.
- f. NEW! [Biomedical Sciences](#) – a revamped biomedical degree program.
- g. [St Peter's College](#) is situated near Humboldt and offers first year and numerous second year classes, including engineering and the new U of S Criminology and Addictions certificate.
- h. Interested in St Peter's College but missed the information sessions? View the 20 minute recordings [here](#).
- i. U of S has a number of [virtual events](#) to support prospective students.
- j. [Residence applications](#) are open. Students should apply online via the [Residence Housing Portal](#) asap. More information at residence@usask.ca or (306) 966-6775.
- k. College of Agriculture and Bioresources [Interested in Agriculture and Bioresources Video](#)

Transcript Requests: For any students applying for post-secondary institutions, you may need to send a transcript that indicates the subjects you have taken. Most institutions will require you to request [transcripts from the Ministry of Education](#). There is a nonrefundable search and process fee involved. Students can select up to 5 requests (including sending to self) for this fee. Students will require personal information, Saskatchewan Learning ID (if known), valid credit card and card holder information if paying online, valid email access, etc. before beginning the process. Talk to your Career Counsellor if you have any questions.



Upcoming Events

This section is intended to keep you posted of various events and open houses. However, every student's life/career plan is personalized. As such, you are encouraged to research additional opportunities that may be more suited to your life/career planning process.

Please click on links to view website information.

Various	Canadian Universities Event – connecting students to post-secondary opportunities
Various	Webinar Wednesdays at Olds College
Various	SIEC Spotlight on Careers
Dec 1	Applications open for Animal Health Technology at Olds College

Dec 1	Early Admission Deadline for a number of U of S competitive entry programs and to be eligible for the Best and Brightest Scholarships.
Dec 4 Dec 11 Dec 15	RDIEC Spotlight on Careers Dec 4 Veterinarian, Dec 11 th Computer Applications Engineer, Dec 15 th Entrepreneurship. Scroll to middle of page for registration information.
Dec 8 Dec 9	SIEC Spotlight on Careers Dec 7 Physician's Career Panel, Dec 9 Nursing Career Panel. Visit this link to register.
Dec 9	Medicine Hat College Future Student Information Session
Dec 15	U of S Best and Brightest Scholarship Deadline.
Dec 15	U of A Entrance Scholarship Deadline
Jan 7 Feb 4	Nursing for Prospective Student Presentations (U of R)
Feb 15	Deadline for: Nursing Applications (Polytechnic/U of R's Bachelor of Science in Nursing) U of S Admissions to be eligible for the Competitive Entrance Awards U of S Kinesiology, Engineering and Business Applications Saskatchewan Polytechnic's High Demand Program Applications

Note: This newsletter is to inform families of career investigation opportunities. However, post-secondary events and open houses are NOT school sponsored. Thus, your parents must excuse you from school if you plan to attend any of the opportunities advertised in this newsletter. It is highly recommended that parents attend events with their children.

Scholarships

It is impossible to inform you of all possible scholarship opportunities. However, the fact of that matter is that significant scholarship funding goes untapped each and every year! As students, please take some time to research and investigate possible sources of funding. An investment of time and energy can lead to \$\$\$!



Some helpful links:

FREE! [Personal Finance Essentials Course](#) offered online through McGill and open to all Canadians through the RBC Launch initiative.

[Government of Canada's Financial Literacy Blog](#) – For students planning post-secondary education, check out the post titled, [A new financial adventure: Managing money in college or university](#). For families with younger children, check out the post titled, [Saving for your kids' education](#).

[View a Scholarship Workshops or Webinars](#) such as this one by Jane Thompson, Executive Director of the TD Scholarships Community Leadership Program.

[Boost Your Chances of Securing a Grant, Bursary, or Scholarship](#)

[Education Planning and Student Aid](#) provides many useful tools for students and parents in relation to topics such as saving, budgeting, planning for an education, etc.

[Canada Student Grants and Loans](#)

[Saskatchewan Advantage Scholarship](#) – provides eligible Grade 12 students with a \$500 per year scholarship to a lifetime maximum of \$2,000 based on need. See website for details.

[Saskatchewan Youth Apprenticeship Industry Scholarships](#) – are awarded to 120 Saskatchewan students who complete the Youth Apprenticeship passport. Each school nominates a potential candidate. Talk to your Career Counsellor for info.

Below are just a few timely scholarship opportunities available. Begin investigating today!

Due Date	Scholarship	Amount	Criteria
Dec 15	<u>U of A</u>	Various	Various scholarships available but must apply for entrance first.
Dec 15	<u>Best and Brightest U of S Scholarships</u>	Various	For any students considering early admission to U of S. Must have applied by Dec 1 st .
Dec 15	<u>Burger King Scholarship</u>	\$1,000 to \$50,000	Must be a Grade 12 student this year. Consideration given to academic record and participation in school/community activities.
Dec 15	<u>7 Binary Options</u>	\$3,000	Submit a 7000-1500 word essay on “The Goals I Will Achieve in 10 Years.” Be creative.
Dec 20	<u>Jetty Scholarship</u>	\$1,000	Submit an essay on “Mobile Apps That Make People More Productive”.
Dec 31	<u>BCCHS</u>	\$500	A cowboy poetry award.
Jan 15	<u>STEAM: Horizon Awards</u>	5 * \$25,000	Must be a leader, achiever, or innovator. Canadian Citizen or Permanent Resident Academic Ave of 80%+ Preparing to enroll in a Canadian post-secondary institute in Fall 2021 with a STEAM focus.
Jan 15	<u>Grammarly Product Review Contest</u>	\$500	Download a free version of Grammarly, use it to edit a paragraph, and submit. See contest details.
Jan 27	<u>Schulich Leader Scholarship</u>	\$60,000 & \$80,000	For students planning to study STEM related subject areas from a list of eligible post-secondary institutions. At U of S, eligible programs include Engineering, Science, Agribusiness, Renewable Resource Management and Agriculture. Most possess at least 2 of the following 3 attributes: outstanding leadership, academic excellence, financial need.
Jan 31	<u>Dick Martin Scholarship Award</u>	\$3,000	Enrolled in an Occupational Health and Safety related course. 1000 word essay, cover letter, application form.

Jan 31	Mensa Canada Scholarship	Varied	250 word essay about life/career plan. Relevant experiences and explanation of obstacles you overcame in pursuit of your goals.
Jan 31	Energy Rates	\$500	Write an essay on any topic about energy in the world of tomorrow. What do you think people will be reading about in future news?
Feb 1	Kin Canada Bursaries	\$1,000	Available to full-time students registered at a recognized post-secondary institution for the fall of 2018. Based on school/community involvement and financial need.
Feb 1	Hal Rogers Endowment Fund	35 * 1,000	Canadian citizen or landed immigrant. Must be student in process of graduating from high school or enrolled at a post-secondary institution. Must complete current application form and submit to Kinsmen, Kinette or Kin Club closest to permanent residence.
Feb 1	Terry Fox Humanitarian Award	20 * \$28,000 (over 4 years)	Must have a satisfactory academic standing and be involved in your community. 3 reference are required.
Feb 28	Stacey Levitt Memorial Awards	1 * \$2500	Essay on living life to fullest, assisting others, etc. Letter of recommendation.
Mar 1 (U of S) March 15 (U of R) May 1 (Sask Poly)	CAA Scholarships	Various Entrance Scholarships	Must be planning to attend U of S, U of R, or Sask Poly. Must be a CAA Saskatchewan Member or child of a members as well as a SK resident. Based on academic excellence, economic need, community involvement, etc.
Mar 1	Agriculture Student Scholarship watch for update	\$4,000 \$2,000	Grade 12 or recent high school graduate planning to take ag-related post secondary education before the fall. Must submit a video or essay on an ag related topic.
Mar 1	Beaverbrook Vimy Prize	Winners will travel August 7 th - 20 th , 2019	Open to young people 15-17 years old. Essay submission, reference letters, and motivation letters required.
Mar 2	Joseph G. Doria Award view website for upcoming application availability.	\$3,000	Accepted into full-time post secondary welding program. Complete online form. Include transcript 2 References related to welding Essay

Mar 15	<u>Queen's Diamond Jubilee Scholarship</u>	6 & \$1,000	For Grade 12 students who are at risk of not succeeding in their first post-secondary year due to financial burdens and vulnerable circumstances. Note: School Admin can nominate students who are at risk of not completing high school.
Mar 15	<u>The Prince of Wales and Duchess of Cornwall Scholarship</u>	20 * \$500	For Grade 11 students living with vulnerable circumstances to assist with completing Grade 12 education. Note: School Admin can nominate students who are at risk of not completing high school.
Mar 31	<u>SaskTel Scholarships</u> (applications open in January)	7 * \$3,000	Saskatchewan resident Enrolled or plan to enrol in full-time studies at a SK Post-secondary institutions. Enrolled in a degree, diploma or certificate course directly related to telecommunications such as Computer Science, Engineering, Accounting, Business Admin, etc.) 75%+ average on most recent academics.
April 1	G3 Grow Beyond <u>Big Idea Scholarship</u>	\$4,000	Attend a Canadian High School Graduating in 2020 Plan on enrolling at a Canadian Post-secondary institution. Create a Video about technology and innovation in Canada's Agriculture Sector.
April 30	<u>Paddy O'Rourke Poetry Scholarship</u>	\$1,000	Must be accepted into a post-secondary program with one class in the literary arts. Letter indicating a reason you should receive the award and sample of poetry.
September 2021	<u>Saskatchewan Regional Parks Employee Bursary Application</u>	\$1500 Annually	Student must have been employed at a SK Regional Park in the previous summer. Recent High School Graduate and beginning first year of post-secondary training. Good academic record.
Various	<u>Loans Canada</u>	750	Application Form and Essay on how financial literacy has made a difference in your life.

To all Students, Parents, and Staff:

May you experience moments of joy this holiday season.



Sincerely,

Sun West Career Development LEAD Teachers

Ms. Talie Chupik - BCSS 2000

Ms. Char Dansereau - Beechy School, Dinsmore Composite School,
Kyle Composite School, Lucky Lake School

Mrs. Rietta Frick-Davis - Rosetown Central High School

Ms. Renee Harrison - Sun West Distance Learning Centre

Mr. Ryan Johnson - Davidson High School, Kenaston School, Loreburn School

Ms. Heidi Marchant - Kindersley Composite School

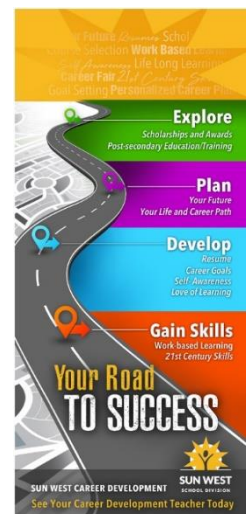
Mr. Sam Motier - Elrose Composite School, Eaton School,

Eston Composite School, Westcliffe Composite School

Mrs. Treena Watterodt - North West Central School

Mrs. Shannon Stephenson - Outlook High School

Mrs. Vanessa Lewis - Learning Consultant



Action for Happiness December 2020

Kindness Calendar - (Spreading Kindness is a perfect way to experience JOY!)

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about	
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters		

ACTION FOR HAPPINESS #DoGoodDecember www.actionforhappiness.org
 Learn more about this month's theme at www.actionforhappiness.org/do-good-december Keep Calm · Stay Wise · Be Kind