



YCDSB
INTERNATIONAL
EDUCATION
PROGRAM

The First Week of Advent HOPE



The **1st Sunday** of Advent of this year is December 1st and it marks the beginning of the Advent season in the Christian liturgical calendar.

Advent is a period of preparation and anticipation for the celebration of the birth of **JESUS** Christ on **CHRISTMAS** Day. Each of the four weeks of Advent has a specific theme, and the first week typically centers around the theme of "Hope" or "Expectation."

NEXT



Advent Wreath



The **ADVENT WREATH** is a symbol of Advent. It remind us to prepare for the coming of **JESUS**. The circle of the wreath represents God's love, which has no beginning or end.

The candles remind us to get ready and to bring light into the world. Each week, as we light a candle, we think about how we can be more loving and kind, just like **JESUS**.

There are **3 PURPLE** candles. **PURPLE** is a color that means **WAITING** and **PREPARING**. It reminds us to get ready for **JESUS** and to think about how we can be better people.

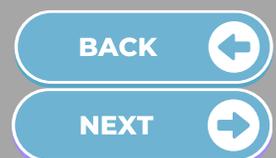


There is **1 PINK** candle, which is lit on the **3rd WEEK** of Advent. It means **JOY!** It reminds us that we are getting closer to **CHRISTMAS** and to celebrate the joy of **JESUS** coming into the world.

The colours of the candles on the **ADVENT WREATH** have special meanings, which help us remember what Advent is all about: **WAITING, PREPARING** and **JOYFUL!**

Advent Calendar of Kindness

It is a special kind of calendar that helps us do nice things for others during the days leading up to **CHRISTMAS**. Instead of just opening a door for a treat, each day you might find an idea for a kind act, like helping someone, sharing a toy or donating toys. Doing these acts of kindness helps us remember to be loving and caring, especially as we get ready for **CHRISTMAS**.





25 Days of Christmas Acts of Kindness

ADVENT CALENDAR

Spread kindness! Light up December by doing an act of kindness each day.

1 Donate food or clothes	2 Pick up litter	3 Give someone a compliment	4 Let someone go ahead of you in line	5 Hold the door open for someone
6 Support a local small business	7 Leave out water and food for the birds	8 Call and check a friend or family member	9 Write a thank you note to someone	10 Spend quality time with someone
11 Buy or make small thoughtful gifts for your siblings/friends	12 Give hugs and kisses to your family	13 Donate toys or books	14 Take homemade cookies to a neighbor	15 Make Christmas decorations and donate them
16 Smile at every person you meet	17 Offer to help a neighbor	18 Invite a new friend to play	19 Play a game with your family	20 Be extra kind, no matter what happens today
21 Teach someone something new	22 Feed an animal or take supplies to an animal shelter	23 Leave a happy note for someone to find	24 Give a treat to a community helper	25 Make someone laugh