

# Advent Promises



# Advent



Advent is a special part of the Christmas festivities.

It is a time to prepare for Christmas Day: people write their Christmas cards, buy presents, wrap the presents and order the food and drink for the celebrations.

It can also be a time to consider how we can be of service to others. The definition of 'being of service' is to assist other people.

How can we be of service to others?

**Think About It**



# Being of Service

We can be of service in many ways; Advent is the perfect time to do this!



Write a list of all the ways you

**Do It!**

can be of service during the time of Advent.

# Week 1 - School

Think about when you came in to school today.

How could you be of assistance to someone else?  
Think about all the ways you could be of assistance during lesson time.

During this week, you could:

- help someone find something they've lost;
- share some of your equipment with another person.

Jot down all  
of service

**Do It!**

and have been  
all today.

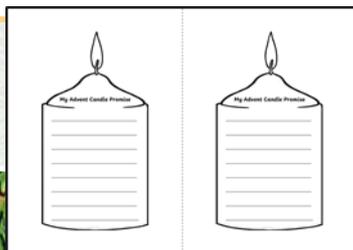
# Writing Your Promise

For the first week, your promise will be about helping others at school.

Your promise must follow these criteria:

- It must be a specific activity you can do each day or a few times a day.
- It must benefit more than one person.
- It must be part of the normal school day – it must not interfere with your learning.

Carrying out your promise will make school a brighter place to be for everyone! Write your promise on the Advent Candle Promise resource.



- Hang up some coats which have fallen down in the cloakroom
- Pick up paper **Promise Ideas** on the floor.
- Hold the door open for a few people.
- Keep your chair tucked in during lesson time.

# Week 2 – At Home/Family

Think about times when you are at home and being part of your family.

Was there an opportunity for you to be of assistance to someone else?  
Could you have helped someone?

How about during mealtimes? Think about all the ways you could be helpful. During this week, you could:

- help someone to prepare a meal;
- wash up or stack the dishwasher after a meal;
- help your younger brother or sister with their homework.

Jot down all the

**Do It!**

helpful at home.

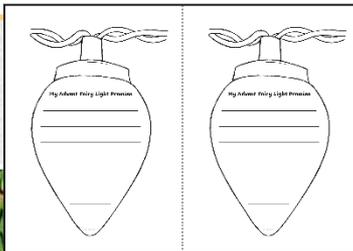
# Writing Your Promise

For the second week, your promise will be about helping others at home or in your family.

Your promise must follow these criteria:

- It must be a specific thing that you can do each day or a few times a week.
- It must benefit someone else.

Carrying out your promise will light up someone's day!  
Write your promise on the Advent Fairy Light Promise resource.



- Help around the kitchen without being asked.
- Help a grandparent with their shopping, go to see them.
- Offer to help with a chore like mowing the house or dusting.

## Promise Ideas

# Week 3 - Myself

Are there times when your mood or attitude makes it hard to be helpful towards others?

Think about all the times you could be helpful or thoughtful towards someone else.

During this week, you could:

- change the way you speak to someone;
- try to be more willing to help.

During this week, try to actively change how you think about someone. Go out of your way to speak to them by including them in games or conversations.

Think about  
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**Think About It**

change your  
ore.

# Writing Your Promise

For the third week, your promise will be based on you becoming mindful of those around you.

Your promise must follow these criteria:

- It must be a specific thing that you can do each day or a few times a week.
- It must benefit someone else.
- It must have a positive effect on someone else.

Carrying out your promise will be like a gift to someone else! Write your promise on the Advent Gift Promise resource.



- Seek out someone at school who looks lonely and speak to them.
- Offer to sit with someone at lunchtime or offer to be c
- Help someone **Promise Ideas** if they have lost.
- Ask Mum or Dad how their day has been and can you do anything to help.

# Advent Promises

These promises will make such a difference to the people you spend time with. They will also have a wonderful effect on you!

See how different you feel at the end of the three weeks.





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