

# Cool Climate Advent Calendar

Day 1 – Light a Candle for the Season

Day 2 – Soak in Warmth, Pause, Feel Grounded

Day 3 – Sip Something Warming

Day 4 – Bring Nature Indoors

Day 5 – Make a Mini Christmas Playlist

Day 6 – Send a Kind Note

Day 7 – Pause for Quiet

Day 8 – Add a Cosy Scent

Day 9 – Revisit a Favourite Memory

Day 10 – Wrap Yourself in Warmth

Day 11 – Try a Tiny Creative Moment

Day 12 – Step into the Cold Evening Air

Day 13 – Release Something You No Longer Need

Day 14 – Listen to a Winter Story

Day 15 – Do Something Slowly

Day 16 – Add a Touch of Cosiness

Day 17 – List 5 Things You're Grateful For

Day 18 – Watch a Short Festive Clip

Day 19 – Make a Comforting Snack

Day 20 – Do One Kind Thing for Future You

Day 21 – Notice the Winter Light

Day 22 – A Gentle Stretch

Day 23 – Savour a Favourite Tradition

Day 24 – Create a Moment of Christmas Magic

