

St. Vincent de Paul Virtual Advent Calendar



Advent Week 3 Reflection



This week, we light the pink candle. This candle represents **JOY.**

Reflect: Watch the following clip from “The Grinch”. Why were the Whos so full of Joy? What did the Grinch realize at the end of the clip?

<https://www.youtube.com/watch?v=hqOOUJFv1n0>

Virtual Advent Calendar Day 11

Good Deeds

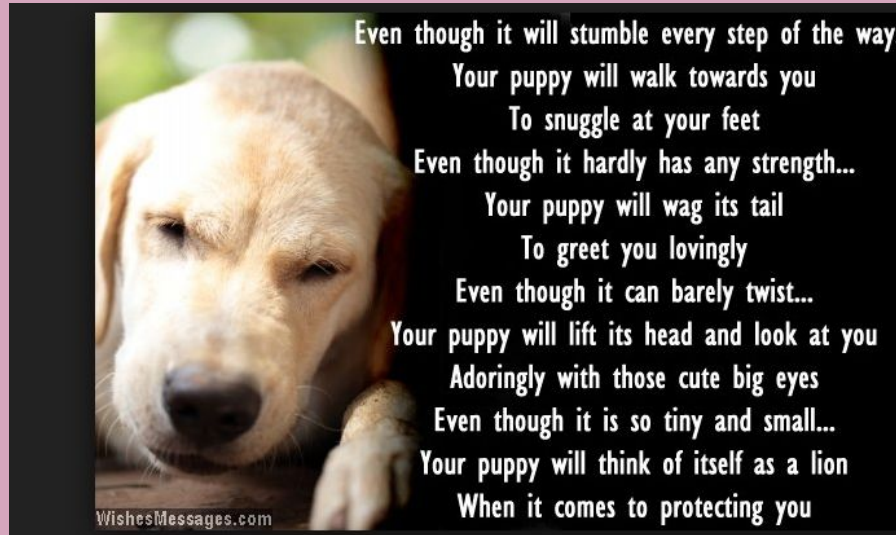
Please watch the following video. Think about the ways in which you spread love to others. What do you do to “pay it forward?” The gentleman in the clip does things simply out of love. What does he get in return? The joy of helping those in need.



Reflect: Who have you helped? Can you do a simple act of kindness to make someone's day?

Virtual Advent Calendar Day 12

The puppy reminds us of the joy that companionship brings. Pets are loyal, faithful and loving creatures. The puppy reminds us that no matter how small you are, you can always make a difference or bring joy to someone.



Virtual Advent Calendar Day 14 Christmas Lights



The Christmas lights shine brightly. Each colour beautiful and vibrant. They represent the unique qualities that are hiding in each one of us.

How are you a light for others? What kind of things do you do to help others shine?

Virtual Advent Calendar Day 15

Becoming a better person...

Watch the following video clip. While you watch:
Think about how you can bring JOY to the lives of
others through your everyday actions.

Do you pay it forward?



Advent Week 4 Reflection

During week 4 of Advent, you will be at home preparing for the arrival of Baby Jesus with your families. As you prepare, don't forget to remember the true meaning of Christmas. May you find peace in your hearts, peace in your bodies and peace in your minds. Merry Christmas.



This week, we light the final purple candle. This candle represents **PEACE** .

What does peace feel like?

A Reflection Written by Grade 8 Students...

“peace feels like a warm blanket on a cold winter’s day...”

“peace feels like my dog licking my tears when I am sad”

“...your favourite song on repeat”

“peace feels like the warm air radiating from the fireplace as the snow falls outside.



What does peace sound like?

A Reflection Written by Grade 8 Students...

“...like the sound of a newborn baby crying for the first time”

“...like my mom cheering me on at a hockey game”

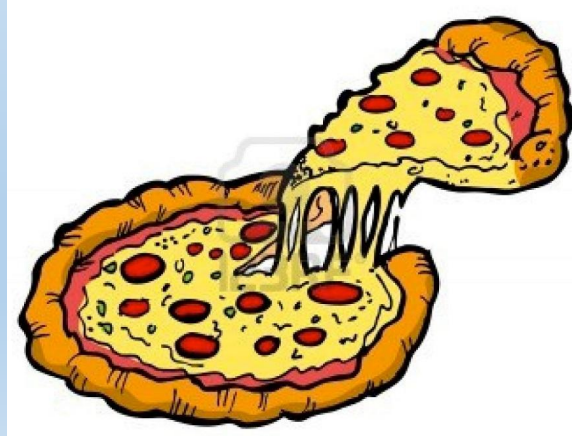


What does peace taste like?

A Reflection Written by Grade 8 Students...

“Peace tastes like my grandma’s crispy, gooey, cheesy pizza that just came out of the oven.”

“Peace tastes like delicious vanilla ice cream, dripping down my hand on a hot day.”



What does peace look like?

A Reflection Written by Grade 8 Students...

“a calm ocean after a big storm”

“a smile from someone when I am having a bad day”



May you find your PEACE and help others find theirs.

Merry Christmas to you & yours!



Advent Week 3 Reflection



This week, we light the pink candle. This candle represents **JOY**.

Reflect: Watch the following clip from “The Grinch”. Why were the Whos so full of Joy? What did the Grinch realize at the end of the clip?

<https://www.youtube.com/watch?v=hqOOUJFv1n0>

Virtual Advent Calendar Day 11

Good Deeds

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Reflect: Who have you helped? Can you do a simple act of kindness to make someone's day?



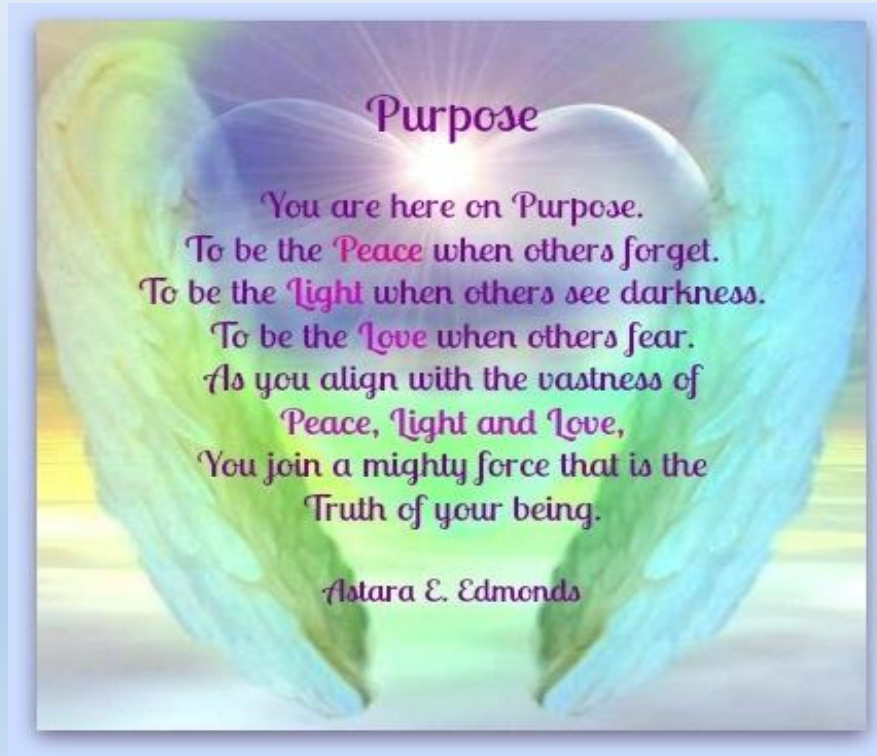
*This is your Kindness
Challenge for today...*



*Play with your sibling or a
younger friend. Let them choose
the activity.*

Virtual Advent Calendar Day 12

Having a Purpose



Purpose

You are here on Purpose.
To be the **Peace** when others forget.
To be the **Light** when others see darkness.
To be the **Love** when others fear.
As you align with the vastness of
Peace, Light and Love,
You join a mighty force that is the
Truth of your being.

Astara E. Edmonds

Reflection:

What is your purpose in life? How can you make the most of your time here on Earth?



*This is your Kindness
Challenge for today...*



*Do something nice for
your teacher...*

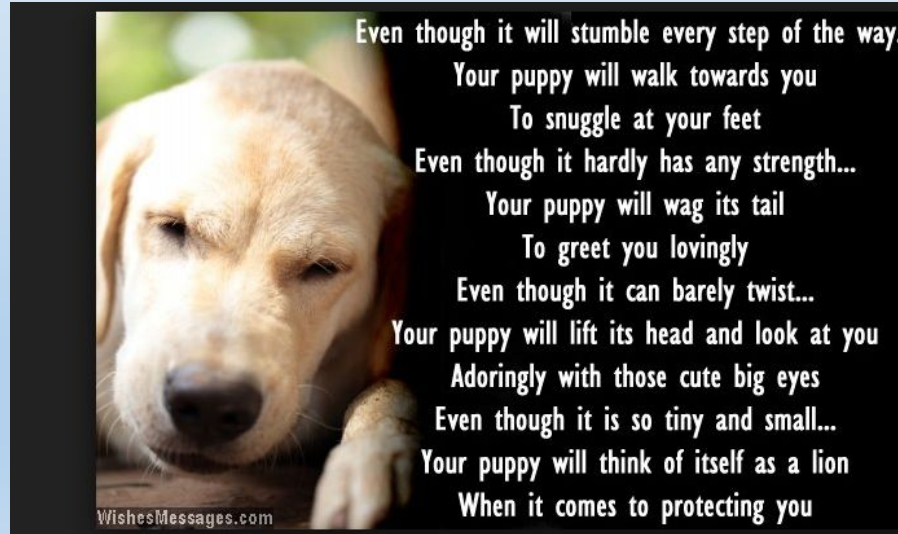
Virtual Advent Calendar Day 13

A Puppy



Reflection

The puppy reminds us of the joy that companionship brings. Pets are loyal, faithful and loving creatures. The puppy reminds us that no matter how small you are, you can always make a difference or bring joy to someone.





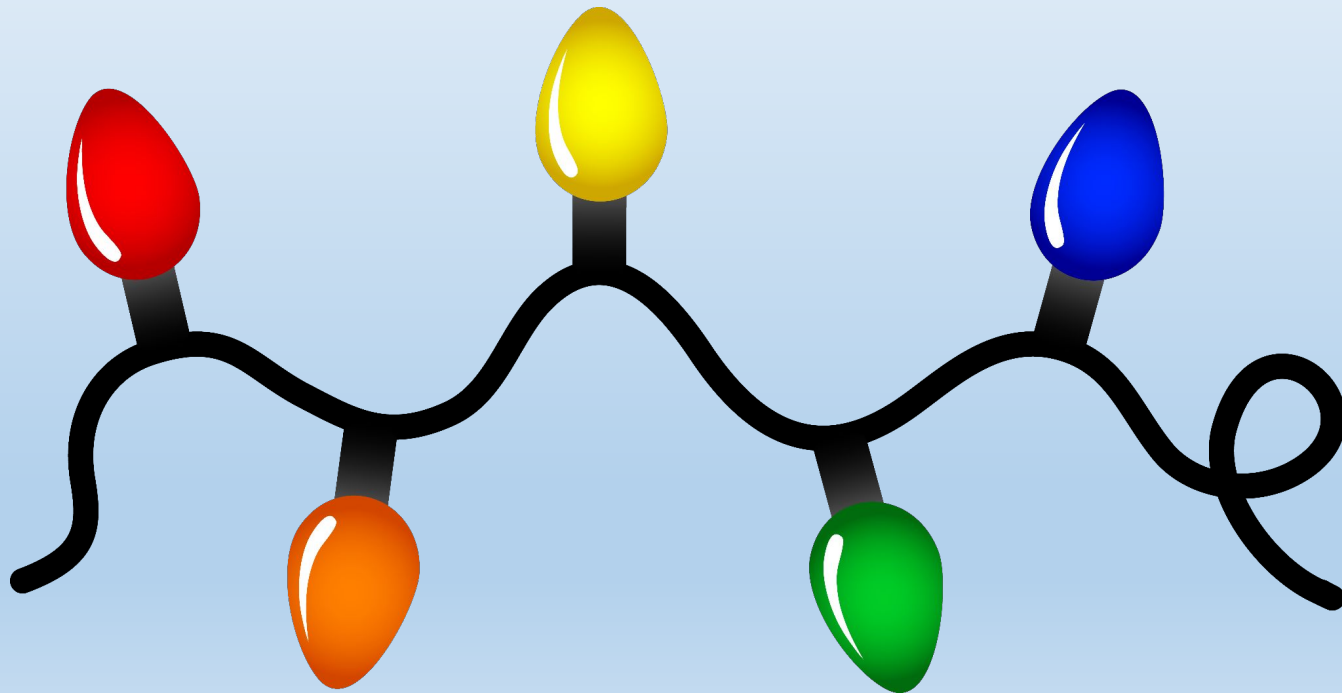
*This is your Kindness
Challenge for today...*



*Donate an item to our
Tree of Hope...*

Virtual Advent Calendar Day 14

Christmas Lights



Reflection

The Christmas lights shine brightly. Each colour beautiful and vibrant. They represent the unique qualities that are hiding in each one of us.

How are you a light for others? What kind of things do you do to help others shine?



*This is your Kindness
Challenge for today...*



*Write down or draw things
that you like about yourself...*

Virtual Advent Calendar Day 15

Becoming a better person...

Watch the following video clip. While you watch: Think about how you can bring JOY to the lives of others through your everyday actions.

Do you pay it forward?





*This is your Kindness
Challenge for today...*



*Cause a ripple of kindness by
doing something for someone
else...*