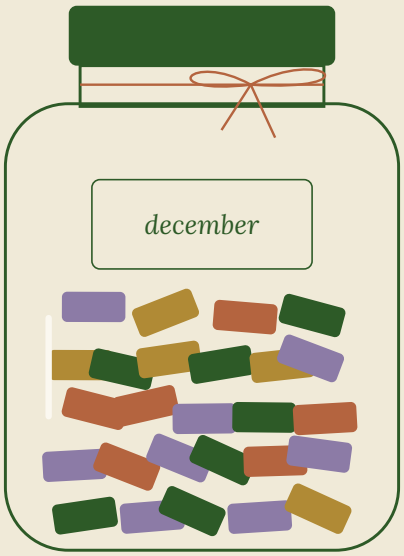
台杉

DAISUGI CONCEPT



December Jar

An Advent calendar to keep in a jar

In December, you fill it.
The rest of the year, the jar takes care of you.

Presence *Kindness* *Creativity* *Gratitude*

For you
grown-up version
PAGES 2 TO 7

For little ones
children's version
PAGES 8 TO 13

Print only the version you are going to use.

台杉

For you

The version for grown-ups

WHAT YOU NEED

A glass jar, a candle, a piece of string, scissors and something to write with.

HOW IT WORKS

Cut out the papers and fold them along the dotted line, with the number showing. Put them all in the jar before the 1st. If you start later, take out the papers for the days that have passed, keep them for another time and begin with today's.

Each day, take out that day's paper. First live the gesture, then write. Then put it back. Write as if you were telling the person you will be a few months from now. If a paper asks for more room, carry on over the back.

On Christmas Eve, you read just one paper. The rest stay inside for when you need them. Number 23 is different: it is not opened until the last day of next year.

THE FOUR LIGHTS

Presence
days 1 to 6

Kindness
days 7 to 12

Creativity
days 13 to 18

Gratitude
days 19 to 24

LABELS FOR YOUR JAR

台杉

December Jar

Open it on a grey day.

2026

HOW TO OPEN IT

Breathe. Pull out a paper without looking and read it slowly. If you need to today, take another.

If you would like to keep getting to know yourself slowly,
you can continue the journey with *Your Inner Goddess*.

1



Presence

Light a candle next to the empty jar. Write what you would like to hear on a hard day.

FOLD HERE

2



Presence

Close your eyes and smell something in your kitchen. Write the scent that makes you feel at home.

FOLD HERE

3



Presence

Open the window and breathe slowly. Write the place where you breathe best.

FOLD HERE

4



Presence

Listen to the song that lifts you, all the way through. Write when you need it.

FOLD HERE

5



Presence

Before bed, go back over your day slowly. Write the moment you smiled.

FOLD HERE

6



Presence

Find the first star and stay with it for a while. Write what you would ask it for, something money can't buy.

FOLD HERE

7



Kindness

Send a message to someone who always makes you laugh. Write why they do you so much good.

FOLD HERE

8



Kindness

Remember something beautiful someone once said to you. Write it exactly as they said it.

FOLD HERE

9



Kindness

Call someone today for no reason. Write their name: someone you could call at any hour.

FOLD HERE

10



Kindness

Find a photo with someone you love. Write what was happening outside the frame.

FOLD HERE

11



Kindness

Do something kind for someone without them knowing. Write how it felt.

FOLD HERE

12



Kindness

Ask an older person for advice for the bad days. Write it in their words and sign it with their name.

FOLD HERE

13

Creativity

Invent a word for something you feel that has no name. Write it with its meaning.

FOLD HERE

14

Creativity

With four lines, draw the place where you would like to be right now.

FOLD HERE

DRAW HERE

15

Creativity

Make something with your hands: cook, paint, plant, sew. Write what you are really good at.

FOLD HERE

16

Creativity

Find a photo of yourself as a child and look at it for a while. Write what you would tell her.

FOLD HERE

17

Creativity

Write a one-line spell for grey days. Read it aloud so it sounds true.

FOLD HERE

18

Creativity

Imagine your perfect day, from morning to night. Write it in every detail.

FOLD HERE

19



Gratitude

Look through this year's photos. Write the best thing it brought you.

FOLD HERE

20



Gratitude

Put your hand on your chest. Write something hard you got through that no longer weighs on you.

FOLD HERE

21



Gratitude

Tonight is the longest night. Turn off the lights, light the candle and write what gives you light when everything goes dark.

FOLD HERE

22



Gratitude

Go for an unhurried walk. Write a simple plan that always does you good, for when you don't know what to do.

FOLD HERE

23

YOUR 2027

Do not open until 31 December 2027

Write what you want 2027 to hold. This paper is not opened until the last day of next year.

FOLD HERE

24



Gratitude

Light the candle one last time. Pull out a paper at random and read it aloud at dinner. Then close the jar with a string and keep it where you can see it.

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

台杉

For little ones

The version for children

WHAT YOU NEED

A glass jar, a candle, a piece of string, scissors and something to write with.

HOW IT WORKS

Cut out the papers and fold them along the dotted line, with the number showing. Put them all in the jar before the 1st. If you start later, take out the papers for the days that have passed, keep them for another time and begin with today's.

Each day, take out that day's paper. First live the gesture, then write. Then put it back. If you can't write yet, draw it, or ask a grown-up to write it down. The candle, always with a grown-up.

On Christmas Eve, you read just one paper. The rest stay inside for when you need them. Number 23 is different: it is not opened until the last day of next year.

THE FOUR LIGHTS

Presence
days 1 to 6

Kindness
days 7 to 12

Creativity
days 13 to 18

Gratitude
days 19 to 24

LABELS FOR YOUR JAR

台杉

December Jar

Open it on a sad day.

2026

HOW TO OPEN IT

Take a deep breath, pull out a paper without looking and read it with someone who loves you.

To keep the magic going, *From Dot to Star*:
Christmas mazes to solve at your own pace.

1

Presence

With a grown-up, light a candle next to the empty jar. Draw something that makes you feel brave.

DRAW HERE

FOLD HERE

2

Presence

Close your eyes and smell things in the kitchen. Write or draw your favourite smell in the whole world.

FOLD HERE

3

Presence

Hide for a little while in your favourite hiding place at home. Draw it.

DRAW HERE

FOLD HERE

4

Presence

Dance to your favourite song as if nobody is watching. Write its name.

FOLD HERE

5

Presence

Before bed, think about your whole day. Write what made you laugh the most.

FOLD HERE

6

Presence

Look for the first star with someone at home. Make a wish that can't be bought and write it down.

FOLD HERE

7

Kindness

Give someone a really long hug. Write who gives the best hugs in the world.

FOLD HERE

8

Kindness

Remember something nice someone said to you. Write it just as they said it.

FOLD HERE

9

Kindness

Think of your best friend. Draw what you love playing together.

FOLD HERE

DRAW HERE

10

Kindness

Look at a photo with someone from your family. Write what happened that day.

FOLD HERE

11

Kindness

Help someone without being asked. Write how it felt.

FOLD HERE

12

Kindness

Ask a grown-up what they do when they feel sad. Write it down and ask them to sign it.

FOLD HERE

13

Creativity

Invent an animal that looks after you when you are scared. Draw it and give it a name.

FOLD HERE

DRAW HERE

14

Creativity

Draw your magic place, where anything is possible.

FOLD HERE

DRAW HERE

15

Creativity

Make something with your hands: a drawing, a figure, a cookie. Write what you are amazing at.

FOLD HERE

16

Creativity

Put on a cape (a blanket works too). Write a superpower you already have.

FOLD HERE

17

Creativity

Invent some magic words for when you feel sad. Say them out loud in a wizard voice.

FOLD HERE

18

Creativity

Imagine your perfect day. Draw what you have for breakfast, what you play and who is with you.

FOLD HERE

DRAW HERE

19

Gratitude

Look at this year's photos with someone at home. Draw the best thing that happened to you.

DRAW HERE

FOLD HERE

20

Gratitude

Put your hand on your heart. Write something that used to scare you and doesn't anymore.

FOLD HERE

21

Gratitude

Tonight is the longest night. Turn off the lights, light the candle together and say what gives you light.

FOLD HERE

22

Gratitude

Go for a walk and look for something beautiful on the way. Write a game that always makes you happy.

FOLD HERE

23

YOUR 2027

Do not open until 31 December 2027

Write or draw what you want to happen in 2027. This paper is not opened until the last day of next year.

FOLD HERE

24

Gratitude

Light the candle with your family. Pull out a paper at random and read it at dinner. Then close the jar with a string.

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE

For whatever you want to keep

FOLD HERE