



RANDOM ACTS OF KINDNESS

Random Acts of Kindness

Random acts of kindness don't need to cost anything or take an extended amount of time, it can be a small passing gesture or a gift of something you no longer need. However, you can of course give your time to someone or something as an act of kindness

1. Pick up some litter
2. Feed the birds
3. Give someone a compliment
4. Bake for someone/for church teas
5. Donate old clothes/books to charity
6. Give someone a book you think they might like
7. Keep someone company
8. Start a conversation
9. Go on a walk with someone
10. Smile at strangers
11. Give someone flowers from your garden
12. Leave tennis balls at the beach or park for local dogs
13. Tell someone when they do something well
14. Send someone a letter
15. Tell someone you are thinking of them or praying for them
16. Make a cup of tea for someone
17. Telephone someone who hasn't heard from you in a while
18. Spend time with loved ones
19. Learn something new about someone
20. Reminisce with someone about years gone by
21. Help with the dishes and tidying up after church
22. Thank the staff if you're out and about somewhere
23. Leave a tip

24. Put your old books in a community library/book swap station
25. Share a meal with someone
26. Share your favourite recipes with someone
27. Speak to your neighbours
28. Make someone laugh
29. Donate to a food bank
30. Show appreciation for the people you encounter
31. Listen to someone
32. Send a thank you card
33. Tell a family member or friend that you love them
34. Help someone whose lost
35. Do something you enjoy with a friend
36. Hold the door for someone
37. Encourage someone who is trying hard to complete a task
38. Be a courteous driver/be courteous to others on the pavement
39. Give someone advice when they ask for it
40. Walk a friend's dog for/with them
41. Have a picnic with a friend
42. Teach someone a new skill
43. Help someone develop their existing skills
44. Donate surplus carrier bags to a food bank
45. Buy Fair-Trade and ethically sourced products
46. Put pennies/loose change in a charity box
47. Make a hedgehog hole in your fence & encourage others to do the same
48. Make a bug hotel, toad abode or birdhouse for your garden
49. Donate old towels and blankets to an animal rescue
50. Take part in a wildlife survey in your garden or local area