

Get involved with random acts of kindness

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Arrange to have a cup of tea and virtual catch up with someone you know
- Help with a household chore at home
- Arrange to watch a film at the same time as a friend and video call
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Contact someone you haven't seen in a while and arrange a phone catch up
- Spend time playing with your pet
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- Donate to a charity
- Lend your ear – call a colleague and ask how they're finding the change in routine
- Give praise to your colleague for something they've done well
- Arrange to have a video lunch with a colleague
- Send an inspirational story of kindness people around the world are doing for others to someone you know
- Donate to foodbanks
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.
- Offer support to vulnerable neighbours
- Offer to send someone a takeaway or a meal