

# A-Z RANDOM ACTS OF KINDNESS

A random act of kindness is a helpful act which you do because you want to, not because you have to, and which comes at some personal cost to yourself.

*Complete each imperative sentence below with a main verb:*

- a** a stranger to pop in front of you in the queue.
- b** a homeless person a hot meal.
- c** extra food and share it with a busy friend.
- d** somebody else's chores without being asked to.
- e** a family member who is having difficulties.
- f** a project that helps disadvantaged young people.
- g** all your employees a generous Christmas bonus.
- h** an event to raise money for charity.
- i** your neighbourhood by organising a litter pick.
- j** a local group which aims to tackle injustice.
- k** calm and don't speak your mind when you feel angry.
- l** a ten pound note inside a book at the local library.
- m** a cake for your neighbour.
- n** with your local school to create a new skate park.
- o** a hairdresser, taxi driver, or waiting staff.
- p** the piano once a week at your local care home.
- q** your friend before an important test.
- r** , reduce consumption, and reuse resources.
- s** an encouraging poem to an ill friend.
- t** unwanted books, clothes, and toys to a charity shop.
- u** your free time to read books with kids at school.
- v** at your local food bank once a week.
- w** your housebound neighbour's dog for free.
- x** positive messages and pin them up in your office.
- y** to other people more - talk less, listen more.
- z** out of negative chat, or turn it into positive vibes.