

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.

- allow** a stranger to pop in front of you in the queue.
- buy** a homeless person a hot meal.
- cook** extra food and share it with a busy friend.
- do** somebody else's chores without being asked to.
- encourage** a family member who is having difficulties.
- finance** a project that helps disadvantaged young people.
- give** all your employees a generous Christmas bonus.
- hold** an event to raise money for charity.
- improve** your neighbourhood by organising a litter pick.
- join** a local group which aims to tackle injustice.
- keep** calm and don't speak your mind when you feel angry.
- leave** a ten pound note inside a book at the local library.
- make** a cake for your neighbour.
- negotiate** with your local school to create a new skate park.
- overpay** a hairdresser, taxi driver, or waiting staff.
- play** the piano once a week at your local care home.
- quiz** your friend before an important test.
- recycle** , reduce consumption, and reuse resources.
- send** an encouraging poem to an ill friend.
- take** unwanted books, clothes, and toys to a charity shop.
- use** your free time to read books with kids at school.
- volunteer** at your local food bank once a week.
- walk** your housebound neighbour's dog for free.
- xerox** positive messages and pin them up in your office.
- yield** to other people more - talk less, listen more.
- zone** out of negative chat, or turn it into positive vibes.