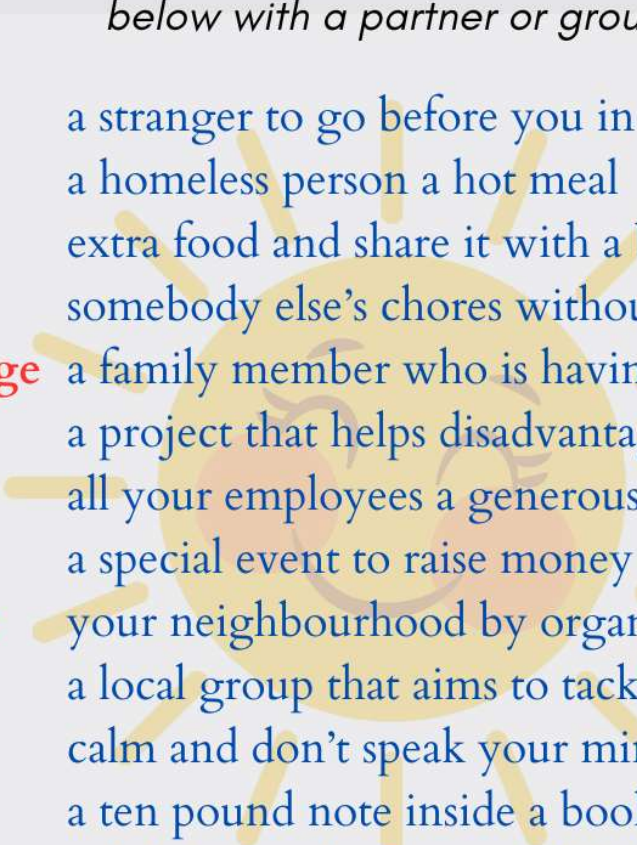


# A-Z Random Acts of Kindness (Part 1 of 2)

*A random act of kindness is a helpful act which you do because you **want** to, not because you **have** to. It usually comes at a personal **cost** to yourself. **Discuss** your reaction to each act below with a partner or group:*

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- 1.allow a stranger to go before you in a queue
  - 2.buy a homeless person a hot meal
  - 3.cook extra food and share it with a busy friend
  - 4.do somebody else's chores without being asked to
  - 5.encourage a family member who is having difficulties
  - 6.finance a project that helps disadvantaged young people
  - 7.give all your employees a generous Christmas bonus
  - 8.hold a special event to raise money for charity
  - 9.improve your neighbourhood by organising a litter pick
  10. join a local group that aims to tackle injustice
  11. keep calm and don't speak your mind when angry
  12. leave a ten pound note inside a book at the library
  13. bake a delicious cake for your elderly neighbour

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