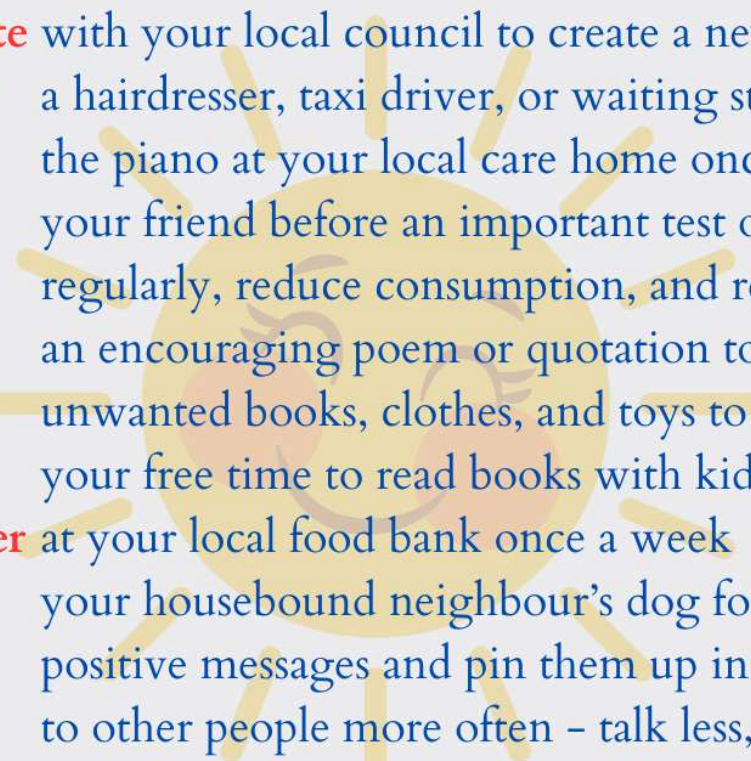


A-Z Random Acts of Kindness (Part 2 of 2)

*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:*

- 
- 14. **negotiate** with your local council to create a new skate park
 - 15. **overpay** a hairdresser, taxi driver, or waiting staff
 - 16. **play** the piano at your local care home once a fortnight
 - 17. **quiz** your friend before an important test or interview
 - 18. **recycle** regularly, reduce consumption, and reuse resources
 - 19. **send** an encouraging poem or quotation to an ill friend
 - 20. **donate** unwanted books, clothes, and toys to a charity shop
 - 21. **use** your free time to read books with kids at school
 - 22. **volunteer** at your local food bank once a week
 - 23. **walk** your housebound neighbour's dog for free
 - 24. **xerox** positive messages and pin them up in your office
 - 25. **yield** to other people more often – talk less, listen more
 - 26. **zone** out of negative chat, or turn it into positive vibes

PURLANDTRAINING.COM