

random acts of kindness

Being mindful of others and kind in action is fundamental to changing the world.

There is no better way to connect with the world than doing small acts of kindness. Too often, we underestimate the effect that a kind word, a listening ear or even just a smile can have on those who need it and appreciate it. Even more gratifying is the fact that the simple act can make both – the doer and the receiver feel happy in some way or another.

Think of 1 small act of kindness you can do each day, for someone or yourself...

Here are some ideas...

1. Feed a homeless person
2. Tell someone why you are thankful for them
3. Befriend someone
4. Buy a coffee/treat for someone
5. Spend time with elders
6. Treat someone fortunate to lunch
7. Compliment someone on their work
8. Send a friend a message
9. Check on your 'strongest' friend
10. Help someone cross the road
11. Put a surprise note or drawing on someone's desk
12. Send a letter to a grandparent/elderly mentor
13. Send flowers to a friend
14. Offer to pick up some groceries for your elderly neighbour
15. Send someone a handwritten note
16. Offer to babysit for a friend
17. Walk your friend's dog
18. Make someone laugh
19. Offer to cook for a friend or family member
20. Make a cup of tea for colleagues or a family member
21. Tell someone you are proud of them
22. Engage in conversation with a shop assistant when paying at the till
23. Get to know a new staff member
24. Lend your ear - listen to your colleague who is having a bad day
25. Say good morning
26. Bake a cake for your colleagues
27. Be kind to yourself