



Looking Out for Others

Below are 21 random acts of kindness. Try to work through the list over the next 3 weeks and see how much it benefits not only others but you as well!

1. Leave a gift or a nice note for the postman
2. Hoover the house
3. Bake something for your family
4. Make someone in your house a cup of tea/coffee
5. Check on an elderly neighbour and see if they need any shopping
6. Buy some food and leave it to the foodbank
7. Phone a relative who is on their own and chat for a while
8. Make dinner for your family
9. Tidy your bedroom
10. Organise the kitchen cupboards (with permission)
11. Cut the grass
12. Leave a care package on a friend's doorstep (include some treats, and a nice note)
13. Make breakfast for your family
14. Do a family member's chores for them
15. Clean the bathroom
16. Do the dishes
17. Send your teacher an email thanking them for the hard work they're doing
18. Organise your clothes into what you wear and don't, and donate what you don't to charity or allow friends to take what they like
19. Bring a sibling or your parents breakfast in bed
20. Order a small gift and send it to your friend's house
21. Plan a party for you and your friends/family, for when lockdown is over