

50 random acts of kindness

Call a friend

Make someone laugh

Send someone flowers out of the blue

Check in with someone who is having a hard time

Walk a friend's dog

Reach out to spend time with a friend, family member or neighbour who is experiencing loneliness

Have a clear out and take items to a charity shop

Send a handwritten note to someone

Donate to a charity

Help with household chores

Let someone know you're proud of them

Leave a surprise note or drawing on someone's desk

Return a lost item to its owner

Help a parent carry a pushchair down the stairs

Smile and say hello to people you may pass every day, but have never spoken to before

Buy someone a healthy snack

Help a friend move

DID YOU KNOW?

Research shows that helping others can be beneficial to our own **mental health**. It can **reduce stress**, **improve our emotional wellbeing** and even benefit our **physical health**.

Give up your seat to someone who needs it

Talk to the shop assistant when paying at the till

Cook a dish for someone else

Let someone jump the queue at the supermarket

Get to know someone new

Help someone who is lost

Sign up to do voluntary work in your local community

Let someone know why you're thankful for them

Host a get together with your neighbours

Send a letter to a grandparent

Have a conversation with someone who is experiencing homelessness

Make and send a care package to someone who needs it

Help a friend get active

Listen to someone who is having a bad day

Have coffee with someone you haven't seen in a while

Make someone a cup of tea

Offer to pick up a friend or family member from work

Take someone out for lunch instead of eating at your desk

If it's raining - lend someone your umbrella

Praise someone for something they have done well

Offer to pick up groceries for an elderly neighbour

Bake a cake for your friends

Send...

A motivational text to a friend who is struggling

A joke to cheer someone up

A picture of a cute animal

An inspirational quote

An interesting article

Pop into a coffee shop and ask to pay for a coffee for them to give to someone later that day for free

Pick up rubbish lying around in the street