

# Here are some acts of kindness to inspire you

Before you start, please remember the tips below:

## Keep others in mind

Although carrying out good deeds for other people can make you feel good, don't forget to keep in mind why you're doing it – for their benefit not yours.

## Don't overdo it

If you find that you are giving too much of yourself or have gone beyond your personal resources, think about taking a step back. We recommend starting small so that you don't become overwhelmed or give more than you are emotionally or in other ways able to give.





**Keep  
connected  
online**

**With friends  
and family**

Call a friend that  
you haven't spoken  
to for a while



Tell a family member  
how much you love  
and appreciate them



Arrange to have  
a cup of tea and  
virtual catch up with  
someone you know



Arrange to watch  
a film at the same  
time as a friend  
and video call



Tell someone you  
know that you are  
proud of them



Tell someone you  
know why you are  
thankful for them



Send a motivational  
text to a friend who  
is struggling



Send someone you  
know a joke to cheer  
them up

Send someone you  
know a picture of a  
cute animal



Send an  
inspirational quote  
to a friend



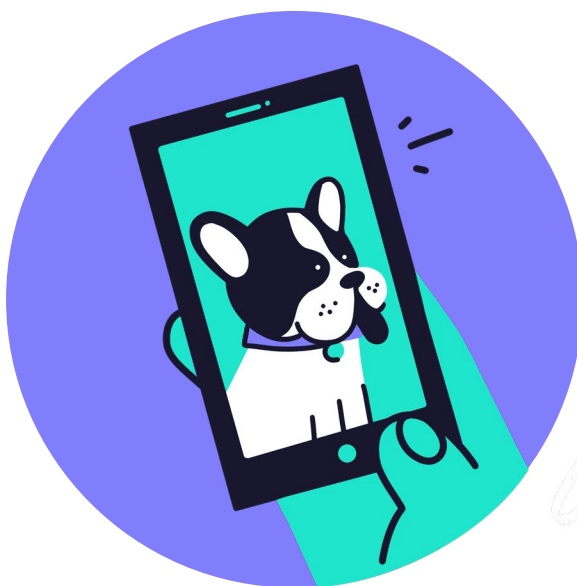
Send an interesting  
article to a friend



Send an  
inspirational  
story of kindness  
people around  
the world are  
doing for others to  
someone you know



Contact someone  
you haven't seen in  
a while and arrange  
a virtual catch up





**Home**

Make a cup of tea  
for someone you  
live with



Help with a  
household chore  
at home



Spend time playing  
with your pet







Donate to  
foodbanks



Donate to a  
charity



Reach out to call  
a friend, family  
member or  
neighbour who  
is experiencing  
loneliness or  
self-isolation



Offer to skill share  
with a friend via  
video call - you  
could teach guitar,  
dance etc.

Offer to send  
someone a  
takeaway or a meal



Offer support  
to vulnerable  
neighbours