

Kindness Checklist



IDEA'S TO TRY

- Write a hand written letter
- Take someone their food shopping
- Pick up the rubbish
- Show a local business some love
- Check in on a neighbour
- Exercise for yourself
- Donate unwanted clothes/ toys etc
- Smile at strangers
- Send a video message to those that you love
- Adopt an animal online
- Create a wildlife friendly environment
- Show gratitude
- Tell someone you are proud of them and why
- Lend your ear to someone
- Donate to a food bank
- Offer a skill share
- Clean your environment

Why not add your own ideas?