

GIVE A LITTLE HEART

28 Acts of Kindness

WORDS OF KINDNESS

Hide a kind note for someone to find.

JACKPOT JOY

Buy a scratch card and give it to somebody.

THINK LOCAL FIRST

Off to the shops? Shop local!
Jeff Bezos doesn't need your money.

HIDING IN PLAIN SIGHT

Hide a pound in plain sight for someone to find.

TURN IT UP DJ!

Collect a list of your colleagues favourite songs and create the ultimate office playlist.

GIVE A DOG A BONE

Buy a dog toy and give it to the next doggo you see!

PAY IT FORWARD

Pay for the person behind you in the queue.
Think coffee shops rather than Harrods... unless you got it like that.

BABY IT'S COLD OUTSIDE

De-ice the screen of the car parked next to you.
Save them some time this morning.

THE LIFE SAVER

Ever thought about donating blood?
Register to become a donor at <https://my.blood.co.uk/preregister>.

THE PORTER

Spend 10 minutes on door duty, opening the door for anyone that needs to enter or leave.

THE GROUP EFFORT

Choose a charity that you connect with. Collect £1 donations from your friends and send off your donation with a lovely note from you all.

GARBAGE GANG

Gather a group of your favourite people and go litter picking. Stay safe, use gloves and don't forget to wash your hands!

AND THE AWARD GOES TO...

Award the funniest person you know with their favourite snack. You never know what's hiding behind the laughs and jokes.

I WAS JUST THINKING ABOUT YOU

Got a song that reminds you of someone in particular? A film, TV show or a book? Let them know.

SELF PRAISE RECOMMENDED

Share 3 things you are proud of this week with someone and encourage them to do the same. They say self praise is no recommendation but we beg to differ.

THESE ARE A FEW OF MY FAVOURITE THINGS

Tell someone your favourite thing about them. It's not often you get to hear this kind of stuff.

WORDS OF WISDOM

Share a memorable piece of advice you've learnt with someone.

WRAP UP WARM

Donate socks, gloves, hats or scarves to homeless people this winter.

WOULD YOU LIKE FRIES WITH THAT?

If you're ordering food, buy something extra to give to someone who may be hungry outside. Remember homeless people have dietary requirements too! It doesn't hurt to ask.

DEAR... WITH LOVE

Write a handwritten letter to someone thanking them for something they've done.

RAIN RAIN GO AWAY

Buy a spare umbrella to give away to someone who needs it on a rainy day.

NEW WARDROBE

When's the last time you wore that jumper that's 2 sizes too small? Donate it to a clothing collection charity near you.

SUPPORT WOMEN IN NEED

You can donate to Birmingham & Solihull Women's Aid here: <https://www.justgiving.com/birminghamsolihullwomensaid>

BETTER MENTAL HEALTH FOR ALL

You can donate to Mind - Birmingham here: <https://birminghammind.org/getting-involved/>

TIDY UP FOR THE CLEANER

Be accommodating for the cleaner(s) and tidy up before you leave. You could leave them a box of chocolates too to show your appreciation!

FLIP THE SCRIPT

Give a man in your life some flowers. 88% of men have never received flowers and the first time many will receive them is at their own funerals.

RAID THE CUPBOARDS

Rummage through your cupboards and donate a few items to your local food bank. Make sure your donations are edible and in sealed, undamaged packaging.

THE MORE YOU KNOW...

Ask someone you know well to tell you something you don't know about them. You can learn some cool things about people when you ask simple questions.

HEART ORIGAMI

Pick your favourite acts of kindness, write them on a square paper, fold them up and throw them into a hat. All participants choose one heart at random and complete that good deed.

