



## RANDOM ACTS OF KINDNESS

---



### **GRATITUDE**

*Refocus your thoughts and explore ways to practice being grateful.*

#### **Activity overview**

Random Acts of Kindness

#### **Equipment required**

Limited to your imagination

#### **Time required**

1 - 60 minutes

*WHY: Brighten someone else's day! It's amazing the benefit giving to others can also give to ourselves.*

**Commit to doing a Random Act of Kindness or many Random Acts of Kindness every day for a week. Examples of Random Acts of Kindness are:**

- Offer to give mum or dad a shoulder, hand or foot massage after a day at work
- Give a stranger a compliment
- Let someone go before you in a line
- Play a game with a sibling
- Thank someone who you appreciate and tell them why you appreciate them - if you don't feel comfortable telling them in person leave them a note or a letter or a small gift.
- Hold a door open for an elder
- Tell yourself something positive
- Pick some flowers for someone you appreciate

**For more ideas try this link:**

**<https://www.randomactsofkindness.org/the-kindness-blog/2943-50-kindness-ideas-for-random-acts-of-kindness-day>**