

Ways of GIVING - Example List

Below is a list of ideas to kick start, but there are very few rules.

The sky is the limit. Big or small you have the power to change someone's day!

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| | • Let people know they matter |
| | • Send a hand written note to someone that inspires you and tell them why |
| | • Say hello to 3 strangers and give a smile |
| | • Do something unexpected and special for someone you love |
| | • For today, let cars merge in front of you with a gracious nod |
| | • Do something nice for your neighbour |
| | • Listen without distractions |
| | • Call someone you haven't spoken to in a while |
| | • Be kind to the Earth - pick up 5 pieces of rubbish |
| | • Let someone go ahead of you in line |
| | • Send a hand written thank you note |
| | • Buy the person behind you a coffee |
| | • Leave an encouraging note on a car windscreen |
| | • Plan a surprise for someone |
| | • Give a genuine compliment to strangers |
| | • Thank someone that does a hard job that most people wouldn't do |
| | • Volunteer to do a task you wouldn't normally do |
| | • Send a text to someone you appreciate to say you are thinking of them |
| | • Leave change in a vending machine |
| | • Be kind to you - a pamper or just some alone time that is all yours |
| | • Give food to a local community centre/church food bank |
| | • Give 5 things you no longer need to a charity |
| | • Volunteer your time or talent |
| | • Send a note/card to someone who is going through a challenging time |
| | • Make something for someone |
| | • Be kind to your co-workers - bring them a treat |
| | • Shop locally |
| | • Go through the day trying not to say anything negative |
| | • Ask someone how their day is and really listen |
| | • Give back - share with us what you gained by giving |