

## ACTS OF KINDNESS WALLCHART

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|---|--|--|---|--|
| <p><b>1</b> Start a Giving Jar and collect up loose change or donate some of your pocket money.</p> <input type="checkbox"/>                | <p><b>2</b> Makes some cakes or biscuits to share.</p> <input type="checkbox"/>  | <p><b>3</b> Smile at ten people today.</p> <input type="checkbox"/>  | <p><b>4</b> Buy a treat for a friend or someone who needs one today.</p> <input type="checkbox"/>   | <p><b>5</b> Send someone a message to let them know you are thinking about them</p> <input type="checkbox"/>                                 |
| <p><b>6</b> Make or Send a card to someone you know who is unwell.</p> <input type="checkbox"/>   | <p><b>7</b> Leave coins taped to a car park / vending machine or in a supermarket trolley.</p> <input type="checkbox"/>                                  | <p><b>8</b> Pick up ten pieces of litter today.</p> <input type="checkbox"/>   | <p><b>9</b> Say hi to someone outside your usual circle today.</p> <input type="checkbox"/>   | <p><b>10</b> Bring some snacks to share to your next meeting.</p> <input type="checkbox"/>   |
| <p><b>11</b> Share an inspirational quote or bible verse with someone.</p> <input type="checkbox"/>   | <p><b>12</b> Get to know the name and say 'hi' to your local shop-keeper, postman etc. ...</p> <input type="checkbox"/>                                  | <p><b>13</b> Take time out and pray or think about the places and people you work with.</p> <input type="checkbox"/>                 | <p><b>14</b> Take time to get to know a service user you don't normally work with.</p> <input type="checkbox"/>   | <p><b>15</b> See if you can help someone you don't normally connect with.</p> <input type="checkbox"/>                                       |
| <p><b>16</b> Climate Change: What can you do to save energy today?</p> <input type="checkbox"/>   | <p><b>17</b> Make a generosity kit and give it away. Add some pens pencils and sweets - what else?</p> <input type="checkbox"/>                          | <p><b>18</b> Be generous with your words: pay compliments today.</p> <input type="checkbox"/>  | <p><b>19</b> No Complaining Day: find yourself complaining? Put a forfeit into your a Giving Jar.</p> <input type="checkbox"/>                              | <p><b>20</b> What are you really good at? Could you use your talent to help teach someone else?</p> <input type="checkbox"/>                 |
| <p><b>21</b> Have a proper chat! Catch up with someone you haven't spoken to in a while.</p> <input type="checkbox"/>                       | <p><b>22</b> Tomorrow is Mother's Day. Take time to connect with people who care for you and do something special for them.</p> <input type="checkbox"/> | <p><b>23</b> Spend time writing a list of the people you are grateful for. Take time to tell them also.</p> <input type="checkbox"/> | <p><b>24</b> What have you promised to do and then forgotten? Try and remember and put your words into action.</p> <input type="checkbox"/>                 | <p><b>25</b> Have a think about what you would like to put your Giving Jar towards.</p> <input type="checkbox"/>                             |
| <p><b>26</b> Find out about your local Food-bank; what 'treat' could you donate today?</p> <input type="checkbox"/>                         | <p><b>27</b> Write thank-you cards to people that help you.</p> <input type="checkbox"/>   | <p><b>28</b> Stretch your generosity: what prized possession could you give away today?</p> <input type="checkbox"/>                 | <p><b>29</b> Spend less time looking at screens and concentrate on the people around you.</p> <input type="checkbox"/>                                      | <p><b>30</b> Plan a fundraising idea, like a cake or book sale.</p> <input type="checkbox"/>   |
| <p><b>31</b> Struggling with someone? Draw a large heart and write all the ways you can love them.</p> <input type="checkbox"/>             | <p><b>32</b> Tidy up your space or a communal area.</p> <input type="checkbox"/>   | <p><b>33</b> Send an anonymous gift to someone you know.</p> <input type="checkbox"/>  | <p><b>34</b> What difficult/ horrible jobs need doing? Maybe washing up the cups, emptying the bins or sorting that paperwork?</p> <input type="checkbox"/> | <p><b>35</b> Volunteer some of your personal time in another work area.</p> <input type="checkbox"/>   |
| <p><b>36</b> It's Holy Week. Take time out to reflect and pray. What does faith and spirituality mean for you.</p> <input type="checkbox"/> | <p><b>37</b> Suspended Coffee: Next time you're meeting in a coffee shop buy a drink for someone that could use one.</p> <input type="checkbox"/>        | <p><b>38</b> Give someone a Fairtrade Easter Egg.</p> <input type="checkbox"/>   | <p><b>39</b> It's Good Friday. Say sorry first, even if you think it wasn't your fault.</p> <input type="checkbox"/>  | <p><b>40</b> Well done; you have reached 40! Count your Giving Jar and donate the money to your chosen charity.</p> <input type="checkbox"/> |