



# BE KIND TO OTHERS: ACTS OF KINDNESS IDEAS

Below are some ideas for acts of kindness that you might wish to carry out for others. All of the ideas can be safely completed in line with the current social distancing guidance, and hopefully there will be an idea that appeals to you. As with everything in the Festival of Kindness, there's no obligation for you to do this – just ideas!

Call a friend or family member you haven't spoken to for a while or may be struggling at the moment



Use the Astrea Virtual Compliments form to submit a compliment about your colleague

Take the time to ask your colleagues how they are, and listen if they are having a bad day

Check for opportunities to volunteer in your local community, if you're able to

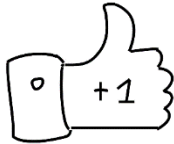


Support a local business online – like and share their social media page and posts

Remember to thank your colleagues when they do something for you

Talk to shop assistants and ask how they are when you go to get your essential items

Be a considerate driver / cyclist when you are out and about



Smile and say hello to others when you go out for a walk or run – even if you don't know them!

Arrange a "virtual" cup of tea or coffee with a friend or colleague via video chat

Send a joke, fun picture or inspirational quote to a friend or family member who might be struggling

Tell your friends and family how much they mean to you and that you appreciate them