Let's bee kind! this Winter

1
Ask a neighbour if they want anything from the shop when you are going anyway.

2
Donate some essentials to a local foodbank to help people in need.

3
Call someone you know is lonely and spend at least 15 minutes talking to them.

4
Put a card through a neighbour's door with your phone number on, especially if they live alone.

5
Compliment someone who serves you at a till. Be one of the nice customers.

6
Say 'thank you' to someone.

7
Arrange a doorstep conversation with someone who lives alone.

8
Make someone happy today by doing a kind act for them.

9
Give someone a book you have finished reading that will make them smile.

10
Lend a hand when you see someone struggling.

11
Think of unique ways to show your friends how much you appreciate them.

12
Treat a friend or stranger to a cuppa, perhaps someone who's homeless.

13
Buy a gift for a local child who may otherwise get nothing for Christmas and donate to a local charity.

14
Tell someone how important they are to you.

15
Reach out to someone you haven't talked to in a long time.

16
Spend time with a grandparent, elderly relative, or older friend today.

17
Prepare kits for families who are struggling, including toiletries, treats and activities for the kids.

18
Remember someone who's been bereaved this year. Send them a card or give them a call.

19
Say something positive on social media today, or share something funny.

20
Send an uplifing text to a family member or friend, who's having a tough time.

21
Say thank you to the bin collectors, posties or people who maintain the green areas where you live.

22
Tell someone who is stacking shelves or spraying shopping trolleys they are doing a great job.

23
Remember your friends who are on their own. Send them a text or a photo message.

24
Drop off a piece of cake or other treat to your neighbours.

25
Take time to be thankful for anyone who has helped you this year and the good things in your life.

Winter Kindness Challenge

#bekinddudley