Random Act of Kindness Day - 17 February 2021

Random Acts of Kindness Day seeks to encourage kindness within society. This day aims to inspire people to be generous and kind by performing gracious acts.

Some ideas include:

- **Tell a Keyworker they are doing a good job** - these are essential people who are putting themselves at potential harm to keep the country going, it could make their day to tell them how grateful you are
- **Call an elderly relative or friend** - if you have someone in your life that is struggling alone, give them a quick call or text to let them know you are thinking of them
- **Do a chore you wouldn't normally do for your partner or housemate** - doing something you might not usually do for your housemate like hanging up their washing if they're busy or cooking something special for your partner is a lovely thing to do and one that only costs your time
- **Give to a cause** - not everyone has enough to share, but if you do, a great way to help others is to donate to a worthy cause. Alternatively, you could also give your time to a charity, supporting a good cause through volunteering can be just as valuable as a monetary donation.
- **Be present** - we are all at home a lot more than we usually would be and we may think we are spending more time with our families. However, with work, TV and social media, we are still busy and perhaps not fully present at home. Try and do activities together that don't involve technology such as a jigsaw, baking or going for a walk.
- **Let others be kind to you** - accept the kindness of your loved ones, whether that is by picking up the phone to them or taking them up on their offer of getting you essentials from the shops, they will feel good that they have helped you in some way.
- **Smile at people** - not only is smiling good for our health as it relieves stress and makes us feel good but it's also contagious. Smiling at someone is likely to initiate a smile back and will make both you feel happy.

For further information from the Random Acts of Kindness Foundation, click **here**