



1. Bring in the **neighbour's bins** once they've been emptied.
2. Offer to do a **neighbour's shopping**.
3. **Bake a cake** and invite a friend or neighbour round for tea.
4. Pop a **postcard** in the post to someone so they know you're thinking of them.
5. Let someone borrow your **four-legged friend** for an afternoon walk.
6. **Call a friend** or family member to check in on them.
7. Make someone you live with a **cup of tea**.
8. **Order someone a meal** to be delivered from the local takeaway.
9. Send a **home delivery of COOK meals** to a friend or relative.
10. Send a **'letterbox gift'**, like a bar of chocolate.
11. Invite someone who **lives on their own** for a drink at the pub.
12. **Smile** at people when you see them.
13. Say **"good morning" / "nice weather" / "have a good day"** when you see people on your walks.
14. **Remember to thank people!** Everyone from delivery drivers to people in the shops.
15. When you're driving, **let someone out at a junction**.
16. **Pay for the person behinds drink** in the queue at the coffee shop.
17. **Round up** your purchase to the nearest £ and give the money to charity.
18. Order extra food in your shop and donate it to a **food bank**.
19. Plan a **surprise delivery** of a gift for a friend, just because.
20. **Send a text** to someone you haven't spoken to in ages.
21. Make the effort to **say Happy Birthday** to your friends on social media.
22. Give a **compliment**.
23. Buy **local** and support your local businesses.
24. Share local – **tell people about local businesses**.
25. Cook someone in your house's **favourite meal** for them.
26. **Let someone in front of you** at the till at the shops.
27. Share something on social media that made you smile (spread some positive news!).
28. **Leave a bag of sweets** on a friend's doorstep with a note.
29. Make an **extra portion** for your next roast dinner and invite someone over.
30. Buy a **bunch of daffodils** and give them to someone in your community.
31. Host a **quiz night** at a local venue.
32. **Take in parcels** for neighbours.
33. Buy second hand and **support local people** (and be kind to the planet!).
34. Buy a chocolate bar and **give it to the cashier** when you have finished shopping.
35. Invite someone for a **coffee and a catch up**.
36. Do **litter-picking** in your road.
37. **Plog**: pick up any rubbish you see when on a jog.
38. Make someone a **music playlist** they can stream.
39. Call a **long-lost friend**.
40. Create a **mobile garden in your wheelbarrow** and park it around your street.
41. Yarn bomb – **knit a hat** for your local post box.
42. **Help someone with their IT issues**, technology doesn't come easy to everyone.
43. **Plant bulbs** for a surprise at Spring time.
44. Give yourself **positive affirmation** – write yourself the mantra 'you are enough' on your bathroom mirror or fridge.
45. **Write a poem** for someone you know and text it to them.
46. **Draw and send a picture** to a friend.
47. Create a **thank you card** to send to your local hospital.
48. **Volunteer** – see how you can help local charities.
49. **Recommend** a film or TV series to somebody.
50. **Hold doors open** for people.
51. Leave **inspiring quotes** on a local message board.
52. **Decorate stones** and leave them for people to find on a walk.
53. Write a **positive post-it note** and leave it as a surprise for someone in your household.
54. Put **things you don't need any more** but someone else would love onto a **free giveaway website**.
55. **Make marmalade or jam** to give to family members.
56. **Call friends** at a time you know they might be lonely.
57. Leave a **pot of primroses** on neighbours' doorsteps.
58. Do a **sponsored walk** for charity.
59. **Knit or crochet** something to send a friend.
60. Invite a friend or neighbour to **play tennis**, go for a walk or an exercise class.
61. At the end of every day, tell someone **why you're grateful for them**.
62. Hold a **video-call cook-along** with friends / family / friends' children.
63. Give a **small thank you gift** to your local shop staff (e.g., butchers/ greengrocers).
64. **Offer to pay** for someone's shopping if they've forgotten their wallet/ purse or are struggling with the machine.
65. Write a **good review** of a business you couldn't live without.
66. Get your kids to **make up a play** and perform it for someone (or do it yourself!).
67. **Play a board game** with someone who lives on their own.
68. **Create a chain letter story** where you write a paragraph and then send it to the next person and so on.
69. **Collect a prescription** for someone that can't get out themselves.
70. In your household, **put on someone's favourite song** and ask them to dance.
71. Try out the idea of **"paying it forwards"** by responding to someone's kindness to you, by being kind to someone else.
72. **Watch a favourite sports team** with a fellow fan or colleague.
73. Buy the **Big Issue**.
74. **Share photographs** of happy times with friends or family.
75. **Offer to lend** out any gardening or DIY tools that your neighbours might need.
76. **Write out your favourite quote or poem** and leave it somewhere for a stranger to find.
77. **Just listen**. People are often lonely, troubled, scared, worried and just need somebody to talk to.
78. **Pass on a book** that you've enjoyed to somebody else.
79. **Learn the name** of somebody you come into contact with regularly.
80. **Tell someone how important they are to you**.
81. **Donate** blood.
82. If you lead a team at work, make an effort to **know if people have important events in their home life** and acknowledge them.
83. **Give some sunflower seeds** to neighbours and friends so they can "grow their own sunshine".
84. **Invite someone over** for a film night and watch a classic.
85. Create a **'fairy garden'** in your front garden for passers-by to see.
86. Start a **'loose change jar'** and when it's full, buy a gift for somebody else with the money.
87. Start a **book club** for your colleagues or friends.
88. Buy something from a **charity's online wishlist**.
89. Let someone have a **lie-in**.
90. Leave a **motivational message for a co-worker** to make your team smile.
91. Put **someone's socks on the radiator** when you wake up, so they have toasty feet when they get dressed.
92. Let **someone merge** into your lane stress free.
93. **Meet a friend** for a mindful walk and some fresh air.
94. **Pass-on a jigsaw puzzle** you've already finished.
95. **Do a chore** that normally falls to somebody else in your household.
96. **Sing a friend/relative/ colleague happy birthday** to cheer up their big day.
97. **Share a skill** - whatever you are good at, host a virtual 'how to' session for friends and family.
98. **Share a parenting tip** (or fail!) with the school messaging group to make them smile.
99. Read a **bedtime story** to an adult.
100. Run your partner a **bubble bath**.

