COOK

100 RANDOM ACTS OF KINDNESS

inspired by COOK customers, colleagues, partners and the public

1. Bring in the **neighbour's bins** once they've been emptied
2. Do a **neighbour's shopping** and leave it on their doorstep
3. **Bake a cake** for a neighbour/friend and drop it off on their doorstep
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. **Check in by phone** on people you know may be lonely or missing people
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. Thank people! Put a **thank you sign** in the window for postal workers, delivery drivers etc
15. **Let someone out at a junction,** with a cheery smile
16. **Pay for the person behind's 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 take 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. Cook an **extra roast dinner** and deliver to a neighbour
30. **Buy daffodils** and leave them on a neighbour's doorstep
31. Host a **virtual quiz** evening
32. **Take in parcels** for neighbours
33. Leave **a basket of snacks** on the doorstep for postal workers / delivery drivers etc
34. Buy a chocolate bar and **give it to the cashier** when you have finished shopping
35. Invite someone for a **coffee**
36. Do **litter-picking** along 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 Springtime
44. Write someone a **kind-worded letter**
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. **Wait for somebody else** to go through doors before you do
51. Leave **inspiring quote**s on trees in your road
52. **Draw positive messages onto rocks** and leave them on your daily walk for people to find
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. Turn your daily walk into a **sponsored walk** for charity
59. **Knit or crochet** something to send a friend
60. Do a **weekly exercise class** over video call with friends / family /colleagues
61. At the end of every day, tell someone **why you're grateful for them**
62. Hold a **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 over video call (or if your kids are grown up, 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. Put up **uplifting messages** in a street-facing window for passers-by to see
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. Call a friend and **'watch along'** a favourite TV show together
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**

NO ACT OF Kindness, HOWEVER SMALL IS Wasted

AESOP