

MAY 2020

Mental Health Awareness Week

Random Acts of Kindness

AT HOME



Here is a fun kindness challenge designed by the Random Acts of Kindness Foundation to help make kindness the norm at home and in your neighbourhood. Your challenge (if you choose to accept it) is to complete a series of kindness activities.

Each act of kindness is worth one, two or three HEART POINTS based on how challenging they are: 1 heart activities are quick and easy, 2 heart activities are more involved and 3 heart activities are challenging and will take more time.

♡ 1 Heart Point	♡♡ 2 Heart Points	♡♡♡ 3 Heart Points
Visit www.randomactsofkindness.org to explore the kindness resources available & share with friends, family, colleagues.	Go through your home & find a few things you aren't using anymore. Post them on a community page offering them as Free!	Ask a family member about an important moment in their life and listen to their story.
Follow The Random Acts of Kindness Foundation on Facebook	Make a handwritten card to a friend or family member	Learn who your local community outreach office is at the police or fire station and send them a note of thanks
Say hello to someone you don't know and ask how their day is going	Make a purchase at a locally-owned business	Give a generous tip to a delivery service after ordering a take away
Take a nature walk or hike	Reach out to someone in your past who made a positive impression on you and thank them	Read a book that challenges you
The Random Acts of Kindness Foundation on Twitter @RAKFoundation	Write a letter to your younger self that will allow you to reflect and learn from your past decisions and emotions	Gift an experience instead of an object to a loved one
Write down five things that you are grateful for	Try a new meatless recipe to prepare at home	Make amends with someone
Give a genuine compliment to someone	Send an accolade to show your appreciation to a colleague	Prepare a 3 course meal for your family or house mates and sit together to enjoy
Say Thank You to someone who is working in your area - a keyworker	Offer help to someone who you find is struggling with something this week	Write a personal mission statement that identifies your values and life goals

Total ♡ points =