

Flourish!

Choose well – Think well – Live well

Choose Kindness!

Be kind to one another, tender-hearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32 NKJV.

Doing kind things for others can sometimes be the most effective way to lift our spirits when we feel sad and down.

Try to do something kind every day for someone in your home, workplace, or neighbourhood.

- Buy a gift card for a local café and give it to someone who needs a hot drink and something to eat.

Call someone who lives on their own and spend time listening to them.

Donate a few packets of good quality food to a food bank, women's refuge, or homeless shelter.

Buy a small plant or bunch of flowers and leave it with a kind message on someone's desk or doorstep.

Fill a box with good things you no longer need. Give it to a charity shop or leave it in a dry place where people can help themselves.

Raise some money with your friends to buy something for a person in need. Or donate money to a small local charity.

Write some short and positive messages on sticky notes. Stick them in different places, like inside a magazine, in a library book, on a package in a grocery store, on a mirror, etc.

- Make or buy some cookies and treats for a team of people who care for others (teachers at school, a police station, a doctors' surgery, etc.).

- Wrap a present that anyone might like. Add a tag that says "If you find this gift – it's for you! If it doesn't suit you, please pass it on to someone else."