



# live:kind

## *Kindness to a neighbour*

1. Walk down your street/apartment block praying silently for each household you pass.
2. Make and write a 'thank you' card for a neighbour who cares for a beautiful garden, or who makes a lovely light display in the winter.
3. Pick up litter in your street.
4. Make a loaf of bread and take it to a neighbour while it's still warm.
5. Find out who lives on their own and invite them for a simple meal such as bread and soup.
6. Invite neighbours' children to play at your house.
7. Invite a few neighbours for a potluck meal or a bring-and-share picnic in your garden or a park.
8. Leave a little gift bag with a treat and a kind note hanging on their door handle.
9. Do one project to make your street or apartment block a nicer place to live.
10. Report any broken lights in your street to the local council department who will fix them.
11. Welcome a new neighbour with a cake and invite them to your home for a drink and a meal. Get to know them, offer to help when they are moving in, or when they are sick. Offer to help neighbours who are moving away. Help them clean their house once the furniture has gone.
12. Offer to take a neighbour's dog for a walk or check on their house when they are away.
13. Smile and talk when you see your neighbours. Find out their names.
14. Keep a note of your neighbour's names, needs, preferences, birthdays etc. to help you plan acts of kindness.
15. Give away seasonal tokens to neighbours. Visit them and give out chocolate hearts for Valentine's Day, flowers for the first day of spring, cookies, etc.
16. Write encouraging or happy messages on the pavement with special chinks.
17. Tuck a flower behind car wipers early in the morning to cheer up commuters.

18. Create encouraging posters and stick them in your window to bring a smile to people passing by.
19. Offer to help with shopping for an elderly neighbour or a mum with a new-born.
20. Wheel your neighbour's rubbish bin in or out on bin-collection day.
21. If you take in a neighbour's parcel delivery, take it to their home and spend a few minutes asking them about their day.
22. Pop a note into neighbour's homes telling them that you are happy for them to call on you if ever they need some help.
23. Wash a neighbour's car when they are out or mow their lawn when they are on holiday.
24. Invite neighbour's children to your home to play to give the parents a break.
25. Create a Facebook page, or other social media group for your street. Keep it positive. Let people know if you have things to give away. Share good news about your community, welcome new people and encourage people to share when they have a need.
26. Ask people working in your street, such as window cleaners, street cleaners, delivery people etc. if they would like a hot drink, or if they need to use the toilet, or have a glass of water. Offer ice-cream if they are working on a hot day.
27. Place your good, unwanted things in front of your house, if there is space, and invite people to help themselves. Some streets organise a swap party once a year and then ask a charity to collect the things that are left over.
28. Go from door to door in your street collecting food for a food bank. Pop a note through letter boxes a week in advance so that people are expecting you.
29. If your street or neighbourhood needs something that will improve it, start a group campaigning positively for change, or raise some funds to make it happen. Ask if you can tidy up a vacant plot and plant some flowers, have a rubbish bin placed in a strategic place so that less rubbish is dropped, or ask for the speed limit to be lowered to make the place safer for children.
30. Do you have items that you rarely use, and that other people might need? Make a list of things like ladders, hedge trimmers, etc. and let the people in your street know that they can borrow these things from you if they need them. They might also have things you can add to the list too. It is better for the environment, finances and the community when people share what they have in this way.
31. If you notice it's someone's birthday, or another special occasion like the birth of a baby, help them to celebrate! Bake them a tiny cake, take a bunch of flowers, give them a crazy balloon, and wish them a happy day.