

live:kind

Kindness for free

1. Pray for people as you pass them, or their homes, in the street.
2. Smile at people as often as you can, even if they don't smile back.
3. Hold doors open for people as you pass through, especially for people with disabilities, baby buggies, and heavy shopping,
4. Let people go before you in a queue – especially if they have small children, or lots of shopping.
5. Whenever you buy something with a special offer (3 for the price of 2, or buy one get one free) save the free one and give it away. Homeless shelters and women's refuges always need toiletries and you can donate your free food to food banks.
6. Send an encouraging text message to someone on your contact list, especially someone you may not know so well. It could really make their day.
7. Scroll through your social media, looking for friends who might need a little extra encouragement, joy or comfort. Write something short and caring.
8. Donate your unwanted items to a charity shop, or list them on a website where people give things away (e.g. Freecycle or Gumtree).
9. Offer to help someone learn a skill that you have. Teach a teenager to knit, mend a bicycle tyre, bake bread, sew a dress...
10. Say something kind to the people who serve you in the shops, garages, checkouts, etc.
11. Forgive someone and let them know that you have forgiven them. Then do something amazingly kind for them.
12. Write a thank you letter to someone who has been significant in your life.
13. Pick some flowers from your garden and make a posy to leave on a neighbour's doorstep. Or pick your own vegetables and donate a basket of fresh food to a needy family.
14. Make conversation with a lonely person waiting at a bus stop, or in a café. Listen to their story. Everyone has an amazing story to tell.
15. Use your surplus craft supplies and make something to give away. Or use your leftover DIY materials to do a job in someone else's home.

16. Speak well of others in conversation. Say only what builds others up.
17. Take an abandoned supermarket trolley back to the store.
18. Pick up litter and make somewhere look neater and tidier.
19. Carry spare carrier bags, tissue packs, loose change and first aid supplies in your bag. Then you will be ready to help someone in need.
20. Ask someone if there is anything you can do to help, and then do whatever they ask. If you have limited time tell them that you have an hour and you would love to spend it helping them. Then see what they suggest. Offer ideas if they are not sure.
21. Play the vocabulary game at www.freerice.com. For each correct answer rice is donated to feed needy people. You will also learn some new words.
22. Make Kindness Rocks. Visit www.thekindnessrocksproject.com for the story, and how to make the rocks. Find smooth rocks, paint them, and write encouraging messages or Bible verses on them. Varnish them to seal the paint, and then hide them in places where people will find them.
23. Share links to encouraging and inspiring videos on your social media. Look at the videos on www.ignitermedia.com.
24. Have positive conversations with people. Ask people what inspires them, what they enjoy doing the most, or to share their favourite memories. Look for positive, happy and grateful things to talk about rather than complaining.
25. Pick up the phone and call an old friend, a lonely person, or an elderly relative. Just listen and say kind and encouraging things. You will make their day.
26. Sign up for 30 free "You Matter!" cards at www.youmattermarathon.com. Then give them out in November each year to encourage other people. Don't want to sign up? Just design and print off your own cards to give away, or order some from a business card printing company.
27. Going shopping? Call a neighbour, friend or colleague and ask if you can pick something up for them.
28. Visit www.moreloveletters.com and write a letter to someone listed on the site who could use some encouragement. Or learn how to write an encouraging letter and leave it in a place where someone else will find it.
29. When someone is gossiping about someone else, change the conversation by saying something nice about the person instead.
30. Whenever you get good service, or someone goes out of their way to help you at work, let their boss know how much you appreciated them.
31. Offer a glass of water, a hot drink, or even the use of your toilet, to delivery people, window cleaners and other people who come to collect rubbish, or mend street lights down your road.