

live:kind

Kindness for students

1. Invite a student from another country to meet you in a café. Listen to their story, and their hopes and dreams. Find out how you can help them adapt to your country and enjoy their experience. Ask if there is anything you could do to help them.
2. Make Sunday breakfast for the students in your corridor or apartment. Ask them to bring something along if you don't have much money. Use the time to get to know the other students and help them to make friends.
3. Buy some small treats and hide them on other students' study desks in the library.
4. Organise a college/university Random Acts of Kindness Week. There are tons of ideas on www.randomactsofkindness.org
5. Work with the student committee to create posters and events. Invite a person from the psychology department to do a presentation on the importance of kindness. Share lists of kindness ideas on social media. Encourage students to be secretly kind to each other and plan a group kindness activity to help your local community in some way.
6. Always leave any shared living space tidier and cleaner than when you entered it.
7. Keep a close watch on the students living near you. Check on each person once a week to make sure they are happy and well.
8. Share your notes with someone who missed a lecture because they were sick.
9. Hang a bag of small treats on someone's door handle.
10. Organise a group walk to a local beauty spot. Walking together is a great way to get to know other people.
11. Show appreciation for a lecturer or tutor who taught you something that changed your life. Write them a letter, send them a card, or think of a fun way for your whole class to appreciate them.
12. Invite an overseas student to come and stay at your home for a few days during a break.
13. Organise a clothing swap party, where people can swap the clothes they no longer want for clothes that they would like. This is called "swishing". A swishing party needs to be well organised so that it is fair. www.getswishing.com gives you everything you need to know. Alternatively, host a clothing jumble sale, sell clothes for small amounts, and give all the profits to a student support fund in your college.

14. Sell your old textbooks to other students or advertise them on an internet sale site. This will help the students who struggle to buy books.
15. Join a voluntary group in your college or university that focusses on helping others.
16. Offer to coach a student or child who is struggling to learn.
17. Send an encouraging message to someone who is feeling discouraged and overwhelmed by their workload.
18. Take care of a student who is vulnerable. Make sure that female students get back to their rooms safely.
19. Take care of a drunk or drugged student and keep them safe. It may not be the most pleasant way to be kind, but it is really important.
20. Be a positive influence. Find a gentle and non-confrontational way to challenge racist, sexist, inappropriate and bullying comments in conversations with other students.
21. Buy a gift card for a café near your college and give it secretly to a student who struggles financially.
22. Be kind to the non-academic staff in your college or university. Thank them for what they do and say encouraging things to them.
23. Learn how to prevent suicide. Search the internet for simple skills that save lives. Say hello to people, show an interest in them, and don't be afraid to ask, "Some people I know in your situation have felt so desperate that they wondered about taking their own life. Has that ever crossed your mind?...You are really important to me. How can I help you?" www.prevent-suicide.org.uk/find_help.html has useful resources and ideas. Especially look out for people who are isolated, struggling with studies, or whose close relationship has just broken up.
24. Write short positive comments on sticky notes and stick them around the university or student living accommodation. You could also print off fun messages and tuck them into books in the library or under the doors of other students.
25. Plan a surprise birthday party for a student, especially for a student who is a long way from home and family. You only need a cake, candles, some juice, and a few balloons to make it fun.
26. Learn how to listen whole-heartedly to other students. Tell them one of your challenges and then ask them how they are doing. By sharing one of your challenges first you make it easier for them to talk about their difficulties. Listen for their needs under their words – maybe they need a hug, a fun break, some help with a difficult subject, protection from bullying, a good meal, or just to know someone cares. Ask if you can do anything to help.
27. Share the link to the "Kindness Boomerang" video on your social media and inspire others with the power of kindness to change the world www.youtube.com/watch?v=nwAYpLVyeFU
28. Buy a huge tin of wrapped chocolates and hide them in all kinds of fun places for others to find. It will make them smile. Buy lots of chocolate eggs in the spring and hide them all over the campus.
29. Invite your local church to sponsor an act of kindness in your college. Tell them an act of kindness you would like to do and how much it would cost and encourage them to support your project. If another student asks you about the project you can say that your church cares about students and just wanted to spread some joy.

30. Create a circle of friends who check up on each other about 10pm each night. If each person checks in with the next student in the care chain, then you can all go to bed feeling that someone cares about you. Or start a gratitude circle, where each person sends a text to the next person saying what they are most grateful for that day.

31. When you walk around the University, or sit in class, pray silently for the people around you. You never know the difference it will make.