



**Here's a Thought...**  
Something good ought  
to be done each day  
of your life.  
~ Lord Baden Powell

## 12 Downloads of Christmas

# A-Z List

## Random Acts of Kindness

**A**ssist someone with chores/jobs around the house, attend a yoga session and be kind to yourself, add to a charity collection bucket/bag/donation box.

**B**uy a coffee for a stranger, bake for a neighbour, buy a small unexpected gift for someone, bring flowers, blood donation (18+).

**“Never look down on anyone, unless you’re helping them up.”**

~Jesse Jackson

**C**ompliment someone (a friend or a stranger), cook a meal for family or friends, collect for charity, cards- send one.

**D**o the laundry, donate old clothes/toys to charity or a children’s ward, do something nice for yourself, donate to the food bank.

**E** enjoy lunch with someone, educate- help someone learn a skill, encourage a friend with some positive words, “you can do it!” or “I believe in you!”.

**F**eed the birds, feed the food bank, find joy in simple things and share with a friend, friendship bracelet- make one for a friend or a stranger and leave it with a note for them to find.

**G**ive someone a hug, give someone a treat/snack from your lunch, give blankets to an animal shelter, give up your place in line and let someone else go first,

**H**elp the homeless, hold the door or a lift for a stranger, help a friend or neighbour unexpectedly.

**“If you see someone without a smile, give them one of yours.”**

~Dolly Parton

**I**nvite someone to be part of your game/group/activity, initiate a conversation.

**J**oin a club/society, join a fundraising group, joke- tell one and make someone laugh.

**K**eept homeless people warm with donated scarves or gloves, keep an extra umbrella to lend to a friend in need.

**L** leave happy notes around town for strangers to find, leave a note in a library book, label clothes for charity shop donations to make their new owners smile.

**M** make a playlist for someone, mow the lawn, make someone's lunch, make a card and send it to a friend.

**N** nurture a house or pot plant for your desk or bedroom, no talking - just listen to someone who needs an ear.

**O** organise/tidy your workspace, online/social media review- leave one for great service and make a small business owner's day.

**“Never believe that a few caring people can't change the world. For, indeed, that is all who ever have.”**

~Margaret Mead

**P** pay it forward, pick up litter in a local park or on the street, plant a tree, practice patience, positivity- be happy and others will be too! Positivity breeds positivity.

**Q** queen for a day- treat someone like royalty.

**R** return a trolley for a stranger, read aloud to someone - old or young.

**S** spread a smile, say hello/greet someone on a walk, spend time with grandparents, send a care package, shovel snow for a neighbour.

**T** throw a thank-you or surprise party, thank someone, tell someone you love them, teach a friend or help someone to learn a new skill.

**U** uncover your history and follow your family tree then share your findings with older relatives, upcycle something old and make a gift for a friend, unwind with some self care and enjoy relaxing.

**“Be kind whenever possible. It is always possible.”**  
~Dalai Lama

**V** volunteer for a charity or soup kitchen, visit an elderly relative or lonely neighbour, volunteer to stay behind and tidy up.

**W** wash the car, write a letter to a friend you haven't seen in a while, wake up early and appreciate the sunrise, write a letter to yourself about all your best features.

**X** e-X-cuse you! Remember to use your manners, xmas cheer- do something nice for someone at Christmas.

**Y** you/yourself- treat yourself to doing something that you love, younger siblings- spend time with them doing what they enjoy or helping them out.

**Z** zero negativity- spend the day being super positive, zipline for charity (or do something else), zone out- enjoy some 'me' time!

**Remember: don't expect thanks or reward for your acts of kindness.**

**When many people do many little things in many places, then the world changes.**