

# 40 DAYS OF KINDNESS

- 1 PAY SOMEONE A COMPLIMENT
- 2 LET SOMEONE ELSE GO FIRST
- 3 LEAVE A POST IT NOTE VERSE SOMEWHERE AT HOME FOR SOMEONE TO FIND
- 4 WRITE A NICE LETTER OR NOTE TO A PARENT
- 5 SEND A RANDOM MESSAGE TO BRIGHTEN SOMEONES DAY
- 6
- 7 HELP MAKE A MEAL
- 8 PRAY FOR SOMEONE YOU DON'T REALLY LIKE
- 9
- 10 LAUGH AT SOMEONES JOKE (EVEN IF IT WASN'T THAT FUNNY)
- 11
- 12
- 13 PICK UP SOME LITTER
- 14 DO A CHORE WITHOUT BEING ASKED
- 15
- 16 RING UP SOMEONE WHO MIGHT BE FEELING LONELY
- 17 MAKE A DRINK FOR SOMEONE AT HOME
- 18 SHARE
- 19 SAY SORRY IF YOU DID SOMETHING WRONG
- 20
- 21 GIVE A HUG
- 22 WRITE A LETTER TO SOMEONE
- 23 SMILE MORE
- 24 LEAVE OUT FOOD FOR WILDLIFE
- 25
- 26
- 27 FIND AN OLD TOY OR OLD CLOTHES TO DONATE
- 28 GIVE SOME ONE AN ANONYMOUS GIFT
- 29 SAY THANK YOU FOR SOMETHING YOU TAKE FOR GRANTED
- 30 PRAY FOR YOUR PARENTS
- 31
- 32 SAY THANK YOU AT THE END OF A ZOOM CLASS
- 33 COMLIMENT THE FOOD AT DINNER
- 34
- 35 SAY THANK YOU TO GOD FOR SOMETHING
- 36 CLEAN UP YOUR MESS
- 37 PRAY FOR SOMEONE WHO IS HAVING A HARD TIME
- 38
- 39 ORGANISE A FAMILY ACTIVITY

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