

40 Acts of Kindness for Lent Starting Wednesday Feb. 14th, 2024

- 1 Smile at 10 people today
- 2 Make a card for someone you know who is unwell
- 3 Send someone a message to let them know you are thinking about them
- 4 Buy a treat for a friend or someone who needs one today
- 5 Start a giving bottle, collect up loose change to donate
- 6 Leave coins taped to a parking meter or grocery cart for someone else to use
- 7 Pick up 5 pieces of litter today
- 8 Get to know the name and say "hi" to you local shopkeeper, bus driver or caretaker
- 9 Climate change: what can you do to save energy today?
- 10 Say hi to someone outside you usual circle today
- 11 Be neighbourly: say hi to one of your neighbors today
- 12 It's Chocolate Tuesday! Give out anything with chocolate!
- 13 Offer to help with anything at school, church or home
- 14 Bring you parent(s) a nice drink to say thanks for all that you do
- 15 Clean a room without being asked!
- 16 Have a short shower today - less than three minutes
- 17 Take someone's dog for a walk as a gesture of kindness
- 18 Laugh out loud today, share a joke if you have one
- 19 Bring a snack for someone else and share it today
- 20 Make a generosity kit and give it away- a small bag with treats, a pen, a pencil?
- 21 Be generous with your words today: Give lots of compliments out
- 22 Make a list of what you are really good at! Could you use your talent to help or teach?
- 23 Have a face to face chat. Find someone you usually text and have a real face to face today
- 24 Write a mega list of all the things you are thankful for Post it on a mirror
- 25 Turn off your screen/phone/tablet for an hour and read a book/magazine or have a conversation with someone
- 26 Stretch you generosity : what prized possession could you give away today?
- 27 What horrible jobs need doing? You could empty the trash or recycle today.
- 28 Say your sorry first today even if you think it wasn't your fault
- 29 Draw a large heart and write in it all the ways you can love someone
- 30 Write thank you cards to people who help you: your teacher, your postperson, a Grandparent
- 31 Give someone an Easter egg today just because you want to see them smile
- 32 Have a proper chat! Phone Grandma, a cousin or a friend you haven't spoken to in a while
- 33 Help with the laundry: doing some folding or putting away
- 34 Send an anonymous gift to someone you know
- 35 Today is no complaining day! If you complain, add some money to your giving bottle
- 36 Send a text today thanking someone for what they are doing

- 37 Laugh for 15 seconds today. Make a point of belly laughing and see how your day goes!
- 38 Spend less time looking g at screens and playboard games or share an activity
- 39 Tell someone they are doing a fantastic job
- 40 Congratulations! You have made it to 40. Review the list and see what you could carry on doing after Easter!