

40 Acts of Wellbeing and Kindness for Lent.

Wednesday 14th February 2024 - Saturday 30th March 2024.

	Pick up litter.	Say thank you to someone who helps you.	
	Bake a treat for a friend.	Hold the door open for someone.	
	Tell someone a funny joke to make them smile.	Invite someone to play in the playground.	
	Do something kind for someone you love.	Help unpack the shopping.	
	Give a compliment to someone today.	Help someone do something they need help with.	
	Write a list of things you are grateful for.	Donate something to a local charity (check their requirements first).	
	Leave a note for someone to find.	Learn a new skill and share it with a family member.	
	Offer to help with a household chore.	Call a family member for a chat.	
	Leave a thank you note for your delivery person or bin collectors.	Let someone go in front of you in a queue.	
	Help make breakfast for your family.	Write a thank you note to a friend you appreciate.	

40 Acts of Wellbeing and Kindness for Lent.

Wednesday 14th February 2024 - Saturday 30th March 2024.

[illegible]