



Acts of Kindness

During Uncertain Times



WE ARE IN THIS TOGETHER

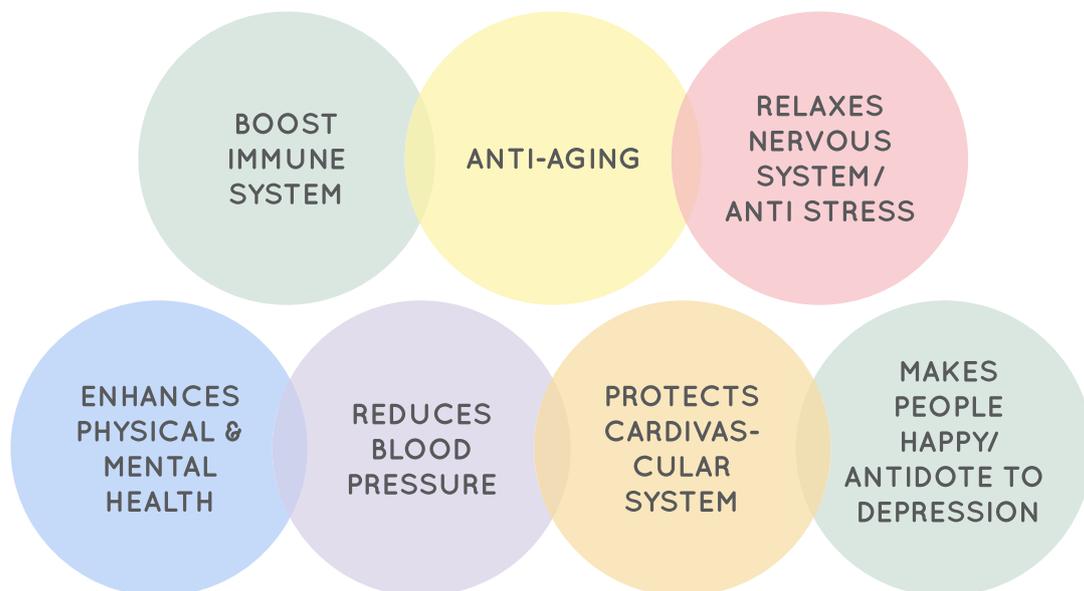
During those uncertain times, we would like to remind ourselves that kindness keeps us hopeful.

We can play big roles in spreading happiness, comfort and compassion towards ourselves and in our community. It only takes a few mindful acts that can positively impact someone's day and create a kindness ripple effect.

We created the below list of suggested acts of kindness for families, schools and communities to kindly perform during lockdowns, quarantines and social distancing.

A REMINDER ABOUT KINDNESS

The science behind kindness is fascinating. Once kindness has been performed, received or witnessed, it creates a highly positive impact on both the mind and body.



“This is why kindness affects our health in so many ways - it impacts the heart, the immune system, mind and emotions, brain, chemistry and structure, skin, muscles, and the nervous system even the gut - and why a lack of kindness and connection trends to have a negative health consequences.”

Dr. David Hamilton



AT HOME



- Help my family cook dinner. Maybe go online and get a new recipe that you can try cooking together.
- Clean the dishes (if you can) without being asked. It would be an added bonus if you can dry them and place them back in the cabinet.
- Create a gratitude jar for the whole family. Preferably by recycling an old jar, decorate or paint it.
- Read for a younger sibling (or a relative online if in a different city). Try to ask them to share their thoughts and have a conversation about the book.
- Declutter and donate toys or clothes in good condition. Try writing a letter to the next child who will receive your stuff, expressing gratitude and expressing how much fun you had using them.
- Tell your family members that you love them.
- Call, text or email your family members to check on them. Share a joke with them and some pictures too, that should be fun.

MAKE YOUR OWN LIST



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AT SCHOOL

- Say 'good morning' to at least 15 people - from the guard to at the gate to your colleagues in the classroom.
- Sincerely thank the person who dropped you to school (mom, dad, relative, house-help or driver).
- Hold the door open for your fellow colleagues, teachers and school staff.
- Compliment someone on their hairstyle, glasses or shoes; even if you have seen it before.
- Keep your tray and desk tidy every day and make sure to place everything in the correct place before going home.
- Cheer for every player on both teams while at PE lesson. Sometimes, it's not about the competition, it's more about the spirit of supporting each other.
- Help another student with any difficulty they might have in the class.

MAKE YOUR OWN LIST

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IN MY COMMUNITY



Donate new school supplies needed by a school in your area.

Volunteer in your community. Depending on the area, it could be preparing care packages, food boxes or even a beach clean-up.

Wash an elderly's neighbour's car.

Wave and say hello to the community cleaners/gardeners who are working hard to make our streets beautifully clean.

Welcome a new neighbour by giving them a small plant or seeds and a pot.

Walk or pet an animal for your neighbour- but don't forget to sanitise your hands before and after.

Share or trade books that you finished reading with the neighbors kids.



MAKE YOUR OWN LIST

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FOR ANIMALS & ENVIRONMENT

- Make a bird feeder out of recycled materials at home and hang it out with seeds for the birds to eat from.
- Donate blankets, towels, even small pieces of furniture to an animal shelter in your community.
- Feed stray cats in your area and leave a bowl of water for them every day, especially on hot days.
- Help plant a garden in your place or the neighbourhood. And when it grows big enough, prune it and give parts of it to the other neighbors.
- Turn off your room lights, water heaters and Air conditioners when not in use.
- Avoid drinking from a single-use plastic bottle to reduce strain on waste management systems, our oceans, and vulnerable communities around the world.
- Pick up and recycle trash in your neighbourhood - Don't forget to wear gloves.



MAKE YOUR OWN LIST

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FOR MYSELF



- Create a gratitude journal and try to write down a few things you are grateful for every day.
- Breathe, stretch, and think a happy thought, especially when you are feeling a bit down.
- Drink plenty of water and eat vegetables and fruits.
- Take a walk outdoors and watch the sunset.
- Meditation and breathing techniques are great for your mind, body and soul; try it out.
- Learn a new hobby in your free time or pursue a hobby that you left behind and you enjoyed doing before.
- Exercise every day, even for a 15 minutes.



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Any new acts of kindness
you would like to add to the list below?

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Share your thoughts and experiences with us:
info@blossomingkindness.com

www.blossomingkindness.com