

CHALLENGE 24: CREATIVE KINDNESS

“One good deed can change everything.”

DO

Think of something that you could say or do which will generate joy for someone else. Even the smallest act of kindness can have a big impact - on both yourself and others.

THINK

How did your good deed impact your day and how do you think it made others feel?

SHARE

with others by ‘paying it forward’: rather than repaying someone for a good act, you do a good deed for someone else, which will hopefully inspire them to help someone else. This means that a single good deed can reach more people and travel further than its original location.

Here are some ideas:

1. Pay a compliment to a family member.
2. Give a gift to someone you love – perhaps something you’ve made, grown or cooked.
3. Share a recipe with a friend.
4. Answer the phone in a cheerful voice.
5. Offer to help a friend or family member with something they’ve been struggling with.



Share your good deeds with us online using
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