

29 COST FREE RANDOM ACTS OF KINDNESS

ABLE FUTURES FEBRUARY CHALLENGE



1

START WITH YOU! SELF CARE IS KEY

2

GIVE A COMPLIMENT

3

OFFER TO MAKE THE TEAM BREWS

4

LET SOMEONE AHEAD OF YOU IN A QUEUE

5

CLEAR THOSE CUPBOARDS AND DONATE TO A FOODBANK

6

SHARE A LOCAL BUSINESS ON SOCIAL MEDIA

7

TIDY UP A MESS YOU DIDNT MAKE

8

INVITE SOMEONE TO JOIN YOU FOR LUNCH

9

PICK UP LITTER IN A LOCAL PARK

10

TELL A FRIEND HOW IMPORTANT THEY ARE TO YOU

11

OPEN/HOLD THE DOOR FOR SOMEONE

12

JUST LISTEN TO SOMONES TROUBLES

13

SMILE AT EVERYONE YOU SEE TODAY

14

SCHEDULE SOME TIME FOR YOU

15

OFFER A HUG TO SOMEONE THAT NEEDS IT

16

GIVE 10 MINUTES OF YOUR TIME TO HELP SOMEONE

17

TEXT A FRIEND YOU HAVENT SEEN FOR A WHILE

18

SAY GOODMORNING TO A STRANGER

19

DONATE OLD BOOKS TO CHARITY

20

RECOGNISE YOUR COLLEAGUES RECENT WORK

21

LEAVE INSPIRING QUOTES ON PEOPLES' DESK

22

LEAVE A THANKYOU NOTE FOR SOMEONE

23

DONATE BLOOD OR REGISTER TO DO SO

24

TEACH SOMEONE WHAT YOU KNOW

25

OFFER TO PET OR BABY SIT FOR A FRIEND

26

ENDORSE A COLLEAGUE ON LINKEDIN

27

TELL A FAMILY MEMBER HOW MUCH YOU CARE

28

VOLUNTEER AT A LOCAL CHARITY

29

SING A COLLEAGUES PRAISES TO THEIR BOSS

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**_Contact us
_0800 321 3137
_www.able-futures.co.uk**

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