

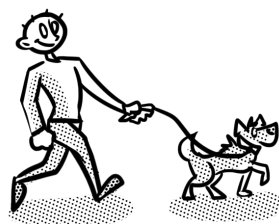
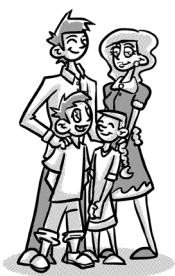
Something that is happening all over the world right now, in these uncertain times, is kindness. Now, more than ever, we all need to be kind to one another and come together.

It is important to be kind because it makes you feel good about yourself. Doing things for other people, such as helping them with something, can make you feel like you've accomplished something.

Did you know that 'acts of kindness' make the world a happier place?

Here are some top tips on how to be kind during this difficult time:

- Keep your social connections going through technology.
- Hold a virtual movie night.
- Create a choreographed dance over video chat to share with the world.
- Deliver a food parcel or card to an elderly neighbour.
- Look out for friends who might be feeling down by checking in on them and other people you know from school or clubs.
- Teach a family member to use Netflix or apps on their phone or TV.
- Help someone set up a video call with friends.
- Keep an eye on your siblings. Do activities with them and have fun.
- Send a motivational message to a friend who is struggling.
- Be kind to yourself – don't beat yourself up for being sad or anxious.
- Reach out to call a friend, family member or neighbour who may be experiencing loneliness.
- Make a cup of tea for someone you live with.
- Help out at home with some housework.
- Tell someone you know why you are thankful to them.
- Tell someone you know why you are proud of them.
- Send someone a funny joke to cheer them up.
- Send your friends photos of what you are doing to keep them involved.
- Send an inspirational quote to a friend.
- Make contact with someone you haven't seen in a while and arrange a phone catch up.
- Make a small donation to a charity.
- Arrange a video lunch or FaceTime cooking session with a friend.
- Offer support to vulnerable neighbours.



Think about how you can show kindness each day in small ways to get through this tricky time.

Doing good does you good.