

What is kindness?

"I think of kindness as a special form of helping other people, but it is different from economic transactions of helping others because kindness doesn't expect any return; it is a one way gift. That doesn't mean there is no personal benefit, because, as they say 'Kindness is its own reward.'" (Probaway 2012)

Why?

- It benefits you
- It benefits others
- It builds community

"People typically receive a boost in happiness after performing kind acts." (Dunn et al., 2008)

Who would you like to help?

- Strangers, friends, family, neighbours?
- Target audience, stake holders?

"Be kind, for everyone you meet is fighting a harder battle." (Plato)

How?

"Opportunities to exert kindness are in ordinary everyday situations."

"Key ingredients are not time, money and effort but sensitivity and thoughtfulness."

(Mitchell 2017)

Where would you like to do it?

- Online, local, global?

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." (Adams 1995)

When would you like to do it?

- Are you in the right frame of mind?
- Spontaneous, random or planned?

"A random act of kindness is something one does for an unknown other that they hope will benefit that individual." (Baskerville, K et al., 2000)

Act of Kindness Challenge

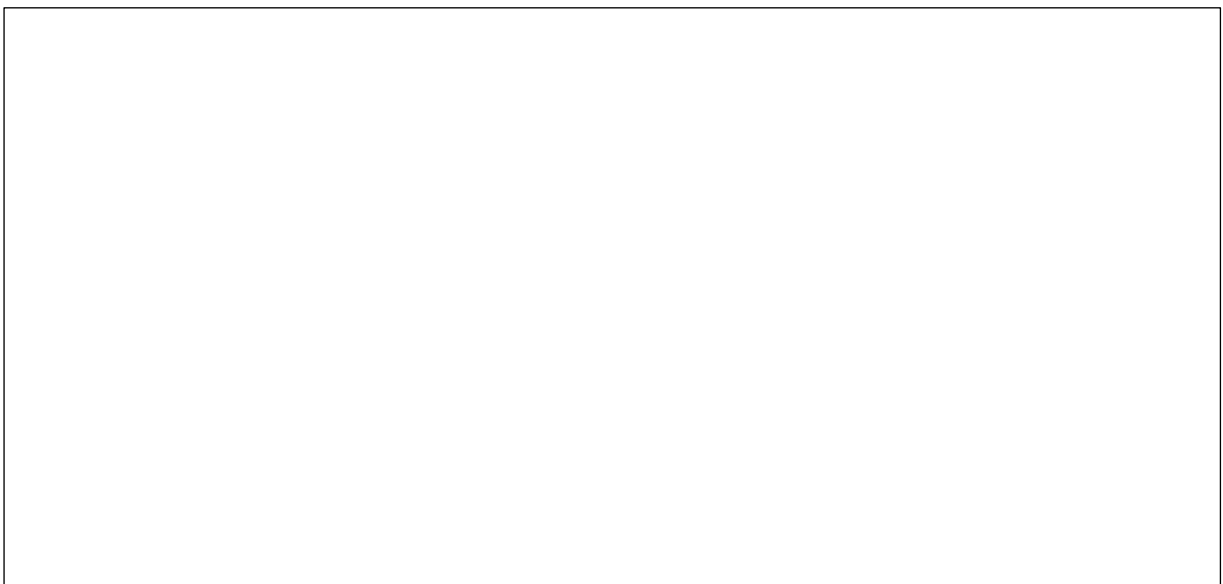
Who would you like to help?

I'd like to carry out an act of kindness for:



Where would you like to do it?

It will happen at:



When would you do it?

I'm going to do this on:

How?

My plan is to:

How can ACTS help? Time, ideas, finances?

Is there anything we can do as a charity to help make it happen?