

Kindness Ideas

Random Acts of Kindness

- Be understanding of parents with noisy or grumpy children
- Leave a favourite book in a public place with a note that it's free for the taking
- Let someone go ahead of you in a queue
- Leave a nice review of a business you have recently visited
- Smile at people in the street / Compliment people
- Hold the door for someone in a public area

Donate

- To a local food bank
- Pet supplies to a shelter
- Unwanted gifts to charity
- Knit socks and donate them to a homeless shelter
- Your time to help someone eg: wrap gifts, babysit, spend time with an elderly neighbour

Surprise

- Host a surprise Christmas party for your friends, family or colleagues
- Someone with a homemade gift, or thank you letter
- Send flowers to someone you appreciate
- Invite someone you expect to be alone to spend Christmas with you

Salisbury Hospice Charity

- Set up your Facebook or JustGiving fundraiser
- Make the first donation
- Invite your friends to sponsor you to do this challenge and spread some Christmas joy
- Ask for donations in lieu of gifts
- Make a donation instead of sending Xmas cards
- Host a Christmas Jumper party at work and ask for donations to your fundraiser