

A-Z of Acts of Kindness

Need a little inspiration for your **10 Acts of Kindness**? Choose any 10 from this list, mix them with your own ideas, or use the alphabet as a prompt. Kindness can be small, spontaneous and completely free.

A	Ask someone how they are - and really listen.	N	Notice something someone has done well and tell them.
B	Bake or buy a small treat for someone.	O	Offer practical help to a friend, neighbour or colleague.
C	Compliment someone genuinely.	P	Pay someone a sincere compliment.
D	Donate something you no longer need.	Q	Quietly do something helpful without expecting recognition.
E	Encourage someone who is having a difficult day.	R	Reach out to someone who may be lonely.
F	Fetch something or do a small favour for someone.	S	Send a thoughtful text or message.
G	Give someone your time.	T	Thank someone who has made a difference to you.
H	Help with a task without being asked.	U	Use your voice to say something positive about someone.
I	Include someone who may be feeling left out.	V	Volunteer a little of your time.
J	Just check in with someone you haven't spoken to for a while.	W	Write a positive review for a small business or service.
K	Keep a door open or offer someone your place in a queue.	X	eXpress your appreciation to someone.
L	Leave a kind note or message for someone.	Y	Yield - let someone go ahead of you.
M	Make someone a cup of tea or coffee.	Z	Zero cost kindness: smile, listen, encourage or simply be there.

10 Acts of Kindness - FND Action 10th Anniversary
Small acts can make a big difference.