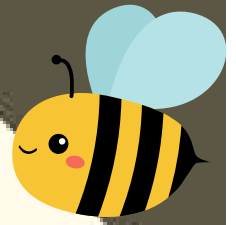


**Bee Kind**



**40 acts**

of kindness for Lent



# 40 Acts of kindness for a better world

Join us to help spread the kindness in our community. Like bees going from flower to flower, the positive actions we take will spread to others and cause a ripple effect. Even just one or two things will make a difference.

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**Welcome to the 40 acts of kindness for a better world.**

**Let's face it, the world needs a truckload of positivity right now. With so many negative stories, we need to find ways to counteract that. Here's a way to start. Instead of giving up chocolate for Lent, or something equally hard, why not start doing acts of kindness for the world?**

**We offer some suggestions that are designed to encourage gratitude, spend time in nature, strengthen our relationships and take action for the planet, all of which are proven to boost our own mental health as well as being good for others. So it's win-win!**

**Don't feel restricted in how you do this, it's just a suggested list to help get you started. We all have different situations at home or wherever else we spend our time. You can also probably come up with other things, or there might be opportunities to be kind that come up as you go along. You don't have to do everything, just do one or two things, or something different that works for you.**

**Rope others into it too - the workplace, your school, your church, your clubs - let's spread the positivity!**

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of kindness for Lent



Help spread the kindness in your community. Like bees going from flower to flower, the positive actions we take will spread to others and cause a ripple effect. Even just one or two things will make a difference.

## Top tips:

- You are always welcome to do more!
- If you leave a small gift or note for someone, tell them that it's for 40 Acts of kindness, they will understand what you are trying to do and it may even encourage them to do some kind things themselves!
- Make sure you have permission!

Sow some wildflower seeds for pollinators.

Give someone a compliment today.

Swap out a plastic bottle of fizzy drink for a can.

If there is nowhere to recycle when you are out, try to take it home with you.

Give a cheery smile to someone when you are out. Bet they smile back!

Put a small treat in someone's pocket with a note.

Say thank you to someone for a job they do all the time. It's good to be appreciated.

Volunteer to take the recycling out.

Make or give a card to someone telling them you were thinking about them.

Pick up litter when you see it on the floor (nothing that would injure you of course!)

Ask those around you if you can help with something.

Ask someone at the end of the day what they have most enjoyed today.

Plant a seed - lettuce or cress are a good start, but grow whatever you like!

Start shopping or looking for gifts in charity shops or buy second hand on-line.

Can you try a plant based meal at home? There are some amazing recipes.

Remember to turn your lights off when no-one is in the room.

Become a citizen scientist - like the RSPB birdwatch or the butterfly count?

Have a 'use everything up' dinner once a week to avoid food waste!

Try cleaning at home using lemon juice or white vinegar instead of detergents.

Tell others at home what you are doing - maybe they can help.

Can you tidy up or help out without someone having to ask you? Grown ups too!

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Create a patch of mud in your garden. Birds use mud to hold their nest together.

Connect with nature! Go for a walk, or get a blanket and do some cloud watching!

Get upcycling! Can you make something useful from rubbish?

Make a small gift for someone and leave it for them to find.

Can you switch to buying a recycled item? Like loo roll or printer paper.

Make a recycled bird bath. Put a stone in an old food tub and add some water.

Recycle the washing up water to water the plants.

Can you find a spiders web, worms or bugs outside? Be thankful that they do a great job.

Swap out an item in your kitchen that comes in plastic.

Leave a note for someone saying why they are so great.

Help sort out the shopping.

Join someone in your chat or game if they seem to be left out.

Can you leave the car at home today? Bus, walk or cycle?

Say something kind or encouraging at a group you go to.

Leave a stone or a lollystick in the street or playground with a kind message on it.

Go outside and listen to the sounds of nature. what can you hear?

Find out a new fact about our natural world. Share it with someone.

Can you put some food in a food bank box?

Can you give a Fair Trade Easter Egg this year?

Can you do without your favourite treat and give money to charity instead?

Leave a note on the letterbox or the rubbish bin to say thank you to the postie or rubbish collector.