

Random acts of kindness log

Acts of kindness have many benefits for wellbeing, for our own and for the recipient, with the effects lasting for a couple of days after the act. Try doing something kind today towards yourself or somebody else and enhance the experience by logging it in this journal.

Monday

Today's random act of kindness...

Tuesday

Today's random act of kindness...

Wednesday

Today's random act of kindness...

Thursday

Today's random act of kindness...

Friday

Today's random act of kindness...

Saturday

Today's random act of kindness...

Sunday

Today's random act of kindness...

Random acts of kindness ideas

connect

give

take
notice

be active

be healthy

learn and
discover

Send someone a kind email showing your appreciation for them

Help a vulnerable neighbour with their food shopping

Make a conscious effort to avoid judging others today

Go for a long walk and say hello to a stranger

Spend the day doing the things that you love to do

Take some time to learn more about a friend or family member

Check in with an older family member

Do some baking and share the fruits of your labour with others

Do a Loving Kindness Meditation

Share your favourite online workout with others

Share your favourite healthy recipe with some friends

Do some research on how you can be more eco-friendly

Send someone a mood boosting positive letter

Give someone a compliment to make their day

Write down who you are grateful for and maybe even let them know

Go for a run and smile to every other runner you see

Spend an afternoon cleaning your personal space

Give yourself the day to learn something new

Organise a zoom social event for you and your friends

Create a poster with a positive message and put it in your window

Make a purchase from a small local business

See if a friend wants to do an online workout together

Make time for self-care activities today

Learn more about your local area and how you can support it

Call a friend that you haven't spoken to in a while

Send someone a virtual hug or an e-card

Do a mindful drawing and give it to a friend

Show your appreciation for an online workout you love

Treat yourself and your cohabitants to a special meal

Find out something new about a course mate or colleague

For lots more RAK ideas head to bit.ly/UoMgive