




#21DAYSKIND: our 21 challenges

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19	20	21	22	23 CHALLENGE 1 Write a thank you note to someone who's been kind to you during lockdown.	24 CHALLENGE 2 Praise your favourite local businesses. Leave a glowing review online.	25 CHALLENGE 3 Compliment a stranger and make their day.
26 CHALLENGE 4 Call a friend you haven't spoken to in a while.	27 CHALLENGE 5 Let your favourite writer, artist or musician know how much their work means to you.	28 CHALLENGE 6 Share what you love about a friend or family member with them.	29 CHALLENGE 7 Send a family member you haven't seen in a while a handwritten postcard.	30 CHALLENGE 8 Use your skills and time to help someone with a project they are doing.	31 CHALLENGE 9 Give away any household items you no longer need to a new home.	1 CHALLENGE 10 Be kind to your body. Go for a run with a friend.
2 CHALLENGE 11 Be a hero. Donate blood to your local blood bank.	3 CHALLENGE 12 Pass on your favourite book and share the joy of reading.	4 CHALLENGE 13 Surprise your loved one or a close friend with a home cooked meal.	5 CHALLENGE 14 Be creative. Handcraft a small gift for a kind person.	6 CHALLENGE 15 Pass the kindness back. Pay for the next person's coffee.	7 CHALLENGE 16 Donate to a charity that means something to you.	8 CHALLENGE 17 Thank the key workers in your area for their hard work.
9 CHALLENGE 18 Be kind to the environment. Organise a litter pick of your local park, beach, or street.	10 CHALLENGE 19 Send your neighbour a note offering them help if they need anything.	11 CHALLENGE 20 Donate food to a food bank or homeless shelter.	12 CHALLENGE 21 Get involved in a local initiative you're passionate about.	13	14	15

 week one theme: keep the kindness going

 week two theme: giving your...

 week three theme: inspire your community

 world kindness day 2020