

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Give up your seat 2. Hold a door open for someone 3. Give a (sincere) compliment 4. Make someone laugh 5. Give someone a hug 6. Take time to really listen to someone 7. Make someone new feel welcome 8. Let one car in on every journey 9. Give directions to someone who's lost 10. Have a conversation with a stranger 11. Pick up litter as you walk 12. Let someone in front of you in the supermarket queue 13. Tell someone they mean a lot to you 14. Let someone have your parking spot 15. Read a story with a child 16. Offer your change to someone struggling to find the right amount 17. Treat a loved one to breakfast in bed 18. Buy cakes or fruit for your colleagues 19. Invite your neighbour round for a drink and a chat 20. Offer to help with someone's shopping | <ol style="list-style-type: none"> 21. Tell someone if you notice they're doing a good job 22. Pass on a book you've enjoyed 23. Say sorry (you know who to) 24. Forgive someone for what they've done 25. Visit a sick friend, relative or neighbour 26. Buy an unexpected gift for someone 27. Bake something for a neighbour 28. Pay for someone in the queue behind 29. Do a chore that you don't normally do 30. Help out someone in need 31. Offer to look after a friend's children 32. Offer to mow your neighbour's lawn 33. Donate your old things to charity 34. Give food to a homeless person and take time to talk with them 35. Visit someone who may be lonely 36. Give blood 37. Get back in contact with someone you've lost touch with 38. Organise a fundraising event 39. Volunteer your time for a charity 40. Plan a street party |
|--|--|

Do things for others

www.actionforhappiness

Doing things to help others is not only good for the recipients - it has a positive payback for our happiness and health too. When people experience kindness it also makes them kinder as a result - so kindness is contagious!

As the saying goes: "if you want to feel good, do good"

Action: Daily Acts of Kindness

Perform an extra act of kindness each day. This could be a compliment, a helping hand, a hug, a gift or something else. The act may be large or small and the recipient may not even be aware of it. Ideally your acts of kindness should be beyond the kind things you already do on a regular basis. And of course the acts mustn't put you or others in danger! Do at least one extra kind act each day for a week, ideally a different one each day.



Meaningful Activities

Activity	In one hour	In one day	More than one day
1			
2			
3			
4			

- Signature Strengths

www.authentichappiness.org

www.viacharacter.org

- Brain Games

<https://freebrainagegames.com/recall.html>

<https://www.brainturk.com/dual-n-back>

- Be Happy

<https://www.youtube.com/watch?v=y6Sxv-sUYtM>

- Action for Happiness

<https://www.actionforhappiness.org>