



Kind Cumbria

## KIND CUMBRIA DAY 2021 – IDEAS FOR INDIVIDUALS HELP US DELIVER KINDNESS ON THE 13TH NOVEMBER

- Think about people who "delivered" kindness during the pandemic and show them kindness – leave a cupcake for the postman, make a picture for the delivery driver
- Help an elderly neighbour take the bins out
- Send an appreciative text to a friend or family member
- Buy a coffee for the person behind you
- Call and chat to someone you think might be lonely
- Let a car go in front of you, particularly on a busy road
- When you're on a busy train or bus, offer your seat to someone who looks like they need it more than you
- Offer to do a food shop for a neighbour
- Buy a lottery ticket and give it to a stranger
- Help a mother carry her pushchair upstairs
- Say good morning to everyone on your way into work
- Surprise one person a month with a treat
- Give someone a compliment – it can make their day, week or year!
- Bring in treats for your colleagues
- Make yourself known to anyone elderly or vulnerable in your community so they have someone to turn to if they need help
- Spend time with someone who might be lonely
- Leave money in a parking metre, ticket or vending machine for the next person
- Cook a meal for someone else – e.g. deliver a lasagne to a new mother
- De-ice your neighbour's car on a frosty morning

Remember to tag your photos on social media with

**#KINDCUMBRIADAY**

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