



Kind Cumbria



NOVEMBER 2020

Join in and think about how you can do a random act of kindness every day in November

Kind Cumbria Week

SAT	SUN	MON	TUES	WEDS	THURS	FRI
	1st Tell family how much you appreciate them	2nd Help a friend who wants to get active	3rd Offer to make a drink for your team at work	4th Have a chat with a homeless person	5th Pick up rubbish in the street	6th Give up your seat to the elderly or a pregnant lady
7th Buy a coffee for the person behind you in a queue	8th Make a an extra plate of Sunday Lunch for a neighbour	9th Smile & say hello to everyone on your way to work	10th Send a text to a friend who may need cheering up	11th Buy a lottery ticket for a stranger	12th Give someone a compliment	13th KIND CUMBRIA DAY! Your day to shine!
14th De-ice your neighbours car on a frosty morning	15th Send a letter to someone you've not seen for a while	16th Leave a note in your partners lunchbox	17th Leave money in a vending machine for the next person	18th Let a car go in front of you on a busy road	19th Bring in treats for your work colleagues	20th Let your team leave work early for the day
21st Offer to get some shopping for a neighbour	22nd Invite someone out for a socially distanced walk	23rd Send someone an unexpected bunch of flowers	24th Hold the door open for others	25th Make a donation to a food bank	26th Leave a tip in a cafe or restaurant	27th Think about doing a chore for someone
28th Walk a friend's dog	29th Send a card or note to someone you care about	30th Think of all the ways you can be kind in December				

Remember to make your pledges on our website and share with us on social media using

#KindCumbriaDay

www.cumbriaaction.org.uk/what-we-do/kind-cumbria



Stay Kind, Cumbria!



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