



Kind Cumbria



NOVEMBER 2021

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

Kind Cumbria Week

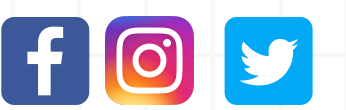


MON	TUES	WEDS	THURS	FRI	SAT	SUN
1st Send a card or note to someone you care about	2nd Tell family how much you appreciate them	3rd Help a friend who wants to get active	4th Make a drink for your team at work or partner if you're at home	5th Have a chat with a neighbour over the fence	6th Pick up rubbish in the street	7th Say hello to someone on your daily walk
8th Buy a "pending coffee" next time you buy one	9th Make a an extra plate of Sunday Lunch for a neighbour	10th Smile & say hello to everyone you meet while exercising	11th Send a text to a friend who may need cheering up	12th Check if your neighbour needs any groceries	13th KIND CUMBRIA DAY! Your day to shine!	14th Give someone a compliment
15th De-ice your neighbours car on a frosty morning	16th Send a letter to someone you've not seen for a while	17th Leave a note in your partners lunchbox	18th Remember to wash your hands & keep your distance	19th Let a car go in front of you, smile & thank other drivers	20th Leave a kind note for the postman	21st Let your team finish work early for the day
22nd Bake your neighbours a cake or cookies	23rd Invite someone out for a socially distanced walk	24th Send someone an unexpected bunch of flowers	25th Stand back, allow someone through a door first	26th Make a donation to a food bank	27th Leave a tip when picking up a takeaway	28th Think about doing a chore for someone
29th Walk a friend's dog if they are shielding	30th Think of all the ways you can be kind in December					

Remember to share your acts of kindness with us on social media using #KindCumbriaDay

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

Charity Number: 1080875



Stay Kind, Cumbria!



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