

Kindness in The Time of Corona

Be patient with others | Call a friend that you haven't spoken to for a while | Tell a family member how much you love and appreciate them | Make a cup of tea for someone you live with | Arrange to have a virtual catch up with someone you know | Help with a household chore | Watch a film at the same time as a friend | Tell someone you know that you are proud of them | Tell someone you know why you are thankful for them | Send a motivational text to a friend who is struggling | Send someone you know a joke to cheer them up | Send someone you know a picture of a cute animal | Send an inspirational quote to a friend | Send an interesting article to a friend | Contact someone you haven't seen in a while | Spend time playing with your pet | Reach out to call a friend, family member or neighbor who is experiencing loneliness or self-isolation | Donate to a charity | Arrange to have a video lunch with a colleague | Send an inspirational story of kindness | Donate to a food bank | Offer to skill share with a friend via video call | Offer support to vulnerable neighbors | Drop off a meal for a friend

