

Have a
screen-free
evening

Smile at
five
people

Write a
letter
or card

Feed the
birds or
wildlife

Make a
donation to
charity

Give a
compliment

Pick up a
piece of
litter

Make
someone
a brew

Sing or listen
to a hymn
or carol

Go for a
walk or bike
ride

Visit the
Sanctuary
Café

Read part of
Luke's
Gospel



**Adventures
in kindness**

Spend time
with an
animal

Watch a
sunset or
sunrise

Have a chat
with a
neighbour

Let someone
jump a
queue

Listen
to the
sea

Pray for
another
country

Make
someone
laugh

Memorise
a Bible
verse

Say hello to
someone new
at church

Buy an
eco-friendly
product

Make a
decoration
or card

Take a little
time to
relax!