

Call a friend that you haven't spoken to for a while



Tell a family member how much you love and appreciate them



Arrange to have a cup of tea and virtual catch up with someone you know



Arrange to watch a film at the same time as a friend and video call



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



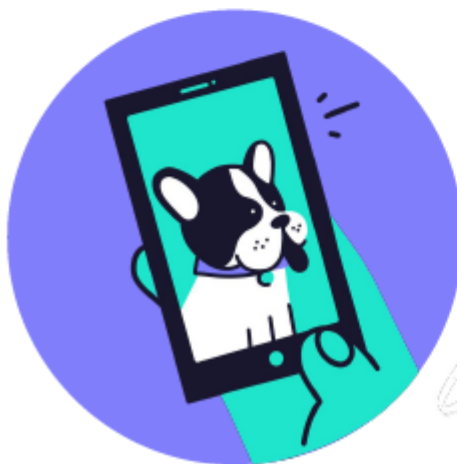
Send an interesting article to a friend



Send an inspirational story of kindness people around the world are doing for others to someone you know



Contact someone you haven't seen in a while and arrange a virtual catch up



Make a cup of tea
for someone you
live with



Help with a
household chore
at home



Spend time playing
with your pet





Offer to send someone a takeaway or a meal



Offer support to vulnerable neighbours

Donate to foodbanks



Donate to a charity



Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation



Offer to skill share with a friend via video call - you could teach guitar, dance etc.