

In the Christian calendar, February 17 marks the start of the season of Lent which lasts for 40 days. Lots of people aim to do something positive on each of those 40 days. Here are some ideas, in no particular order – why not give it a try on your own or with your family. Inspired by 40 Acts <https://40acts.org.uk/>

Give somebody a compliment today
Send a letter, card or picture to someone who is important to you
Be the first to say sorry to somebody
Go the whole day without arguing with anyone
Turn off lights, TV and chargers when you leave a room
Call a grandparent or uncle, or little cousin.
If someone does something for you, make sure you say 'thank you'
Drink more water - when you're healthy and energetic, it is much easier to be kind.
Create a Giving Bag or Box. Add items to it that you are willing to donate to a charity shop (when you are able to)
Instead of using a vehicle to travel today, walk or cycle or scoot everywhere
Is there a way to be a good team player today? Maybe that means helping each other out with something at home
Make a card or note saying something nice about someone in your household and hide it in a place that they will find it
Pick up litter and put it in the bin – if you are doing this on a walk, check it's safe to pick it up
Start telling jokes, watch something fun together, or whatever makes you laugh!
Be brave today. Do something that you found hard last time you tried
Take 10 minutes to just sit quietly and relax doing nothing.
Be spontaneous! Sometimes, random acts of kindness just come to you in the moment! What will you think of today?
Ask somebody to tell you about themselves and really listen
Learn to say 'hello' and 'thank you' in some different languages
Surprise somebody (in a nice way!) today

For any further queries please contact;

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Tell somebody why you think they are special
Try not to interrupt. Listen carefully, you may learn something new
Try to find out about somebody your own age from a different country and imagine what it would be like to swap lives
Make a point of connecting with someone of a different generation today.
Help someone realise how amazing they are today
Recycle any paper, plastic, tins or glass that you use today
After lessons or work try for some screen free time of two hours or more - no Facebook, no apps, no phone calls, tv or games
Make an extra effort to smile more at others – it really can bring joy to their day!
Today might be a good time to make that apology you owe someone
Tidy up your bedroom without being asked to
Make sure to exercise - taking care of your body is important
Write down 5 things you are thankful and tell someone about it
Say sorry first, even if it wasn't your fault
Ask other people in your household if there is any job/task you can help them with today
Be positive all day and try only to say encouraging things to other people.
Create an encouragement jar - write some encouraging messages on slips of paper, place them in a jar and then people in your household can take it in turns on different days to take one from the jar
Make a present for someone out of scrap you can find. For example, a hanging mobile or collage picture
Got a favourite book or film with a positive message? Tell someone about it and think about are how you can live out that message
Be spontaneous! Sometimes, random acts of kindness just come to you in the moment! What will you think of today?
Think before you speak and make sure your words build people up today

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