Random acts of kindness

Research shows that acts of kindness towards others not only boosts the happiness of the person receiving the kind act but also in the person who is delivering the kind act. It also helps to strengthen relationships and increases positive social interactions.

Individuals can start by reflecting on how they might continue to show more kindness to others. Then brainstorm a range of kind things they could do for others. This could be as small as giving a compliment to a friend or a bigger task such as offering to wash the neighbour's car for free. Then brainstorm who you might carry out an act of kindness for. Is there someone you know who could do with a boost right now? Then select and commit to carrying out one random act of kindness over the following week.

The following week, you can follow up this activity by reflecting on:

1. What random act of kindness did you complete?
2. How did you feel just before?
3. What was the reaction of the other person?
4. How did you feel afterwards?
5. Has it changed the way they feel about the other person?