

Parent Guide

How can I use this with my family?

These ideas jars are a great way to treat others around us and remind ourselves daily of how a little kindness in every day life can go a long way.

How does this support my family?

Ideas jars are useful activities for self care solutions for yourself and others. They are quick and easy to use and excellent for the wellbeing of everyone in and out of the family.



Ideas Jar: Acts of Kindness

This jar is a great way to be kind and helpful to others. It proves that thoughtfulness doesn't have to cost much and it can make such a huge difference to the people around us. Carrying out acts of kindness can make you feel happier and also improve your own wellbeing.

How It Can Work

Use some of the ideas listed in this pack or write your own ideas for acts of kindness.

1. Decide if you want to complete one each day or one a week.
2. Pick an act of kindness out of the jar and try to see how many times you can complete it in a week.
3. Pick a specific day to do the chosen act in a week.



Acts of
Kindness




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Kindness
Jar



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Acts of
Kindness



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Kindness
Jar



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Call a friend you haven't spoken to in a while.



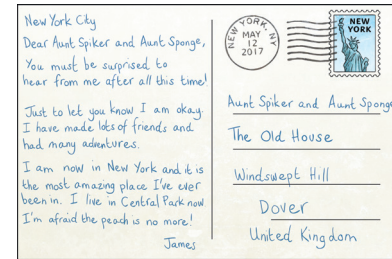
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Send a letter to someone.



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Write a postcard to someone.



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Send flowers to a friend.



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Offer to babysit for a friend.



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Walk a friend's dog.



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Make someone laugh.



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Offer to cook dinner for a friend.



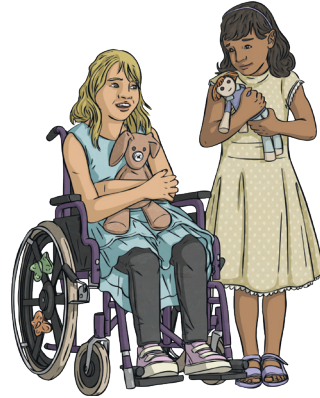
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**Make a cup of tea/
coffee for a friend.**



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**Send an
inspirational quote
to a friend.**



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**Sign up to do some
voluntary work.**



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**Have a clear out
and take items to a
charity shop.**



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**Make a donation
to charity.**



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**Give up your seat
on the bus
for someone.**



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**Let someone into
the queue
before you.**



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**Sign up for a
charity 5K
run/walk.**



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**Pick up
some rubbish.**



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**Smile and say hello
to people you see
every day.**



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**Take the time to
listen to someone.**



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**Offer to give a
friend a lift home.**



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**Bring biscuits/cakes
to work.**



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**Plan a surprise
party for someone.**



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**Spend time
with family.**



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**Cut the lawn for
a neighbour.**



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Pay for someone's morning coffee.



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Hold open a door for someone.



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Give a someone a compliment.



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Send a teacher a gift.



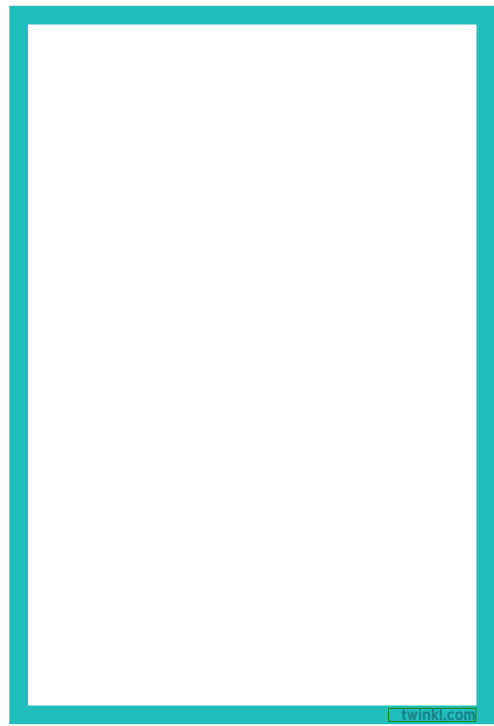
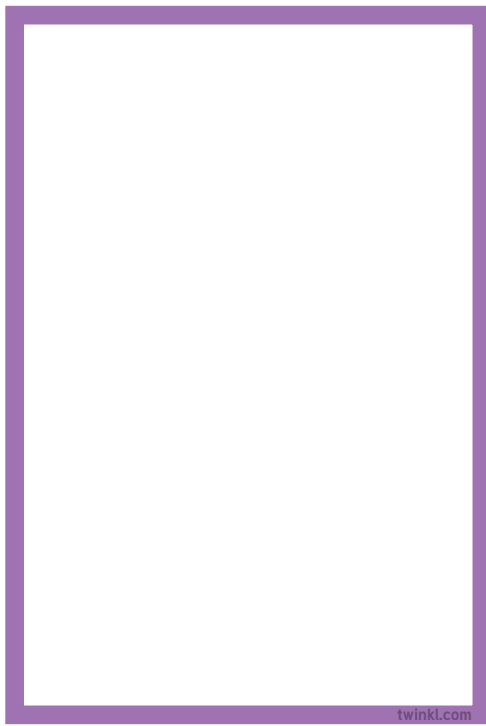
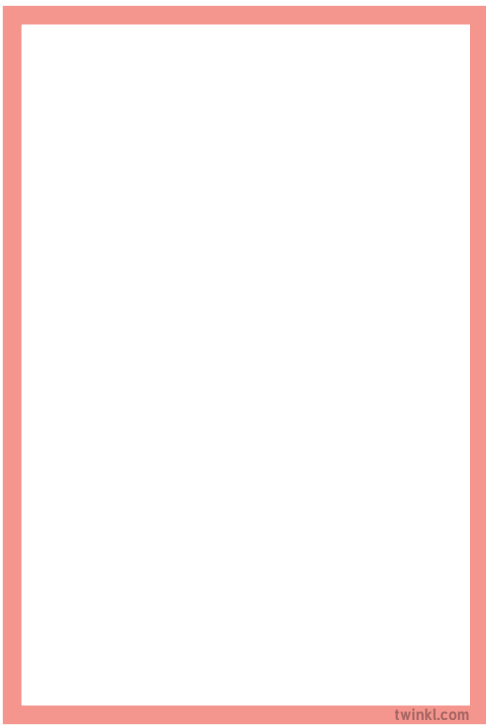
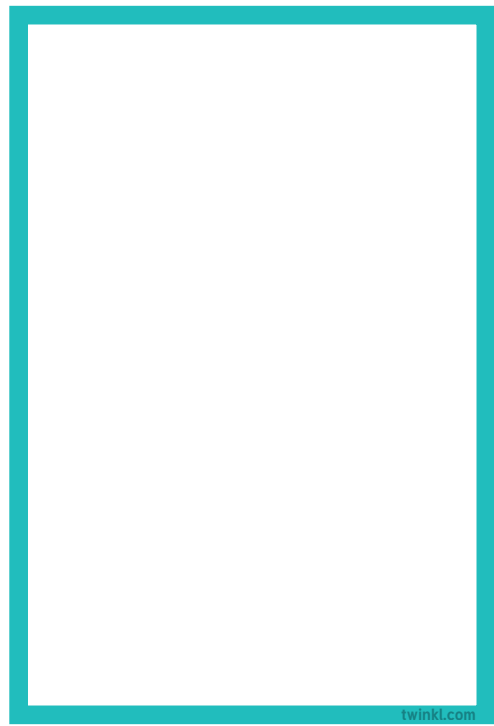
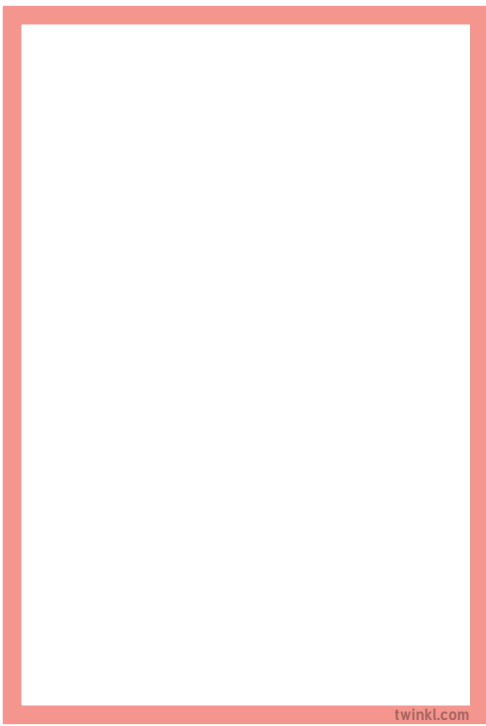
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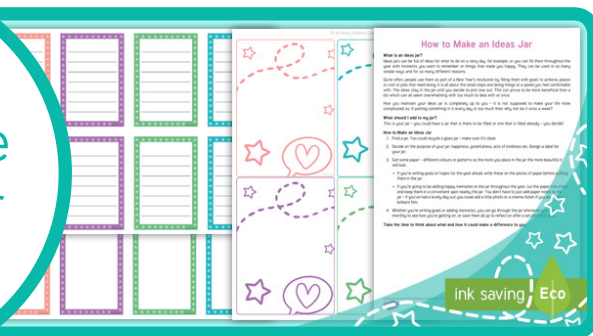
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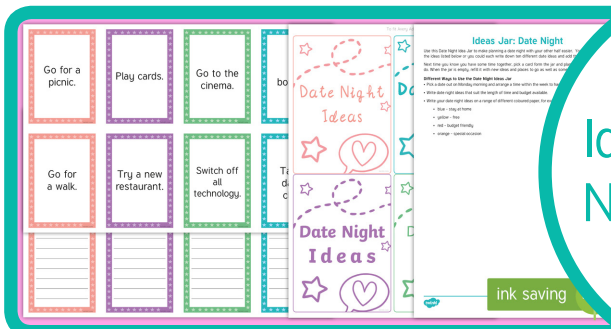


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How to Make
an Ideas Jar



Ideas Jar: Date
Night Activities



Ideas Jar:
Guilt-Free
Treats



Ideas Jar: I am
Grateful For...



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