



The Insurance
Institute of
Manchester
Chartered Insurance Institute

Random Acts of Kindness – Take part!

17th February 2021

Tell us about your activities at lji.manchester@cii.co.uk
#MIIndfulRAOK





Other ideas

- Tell a family member how much you love and appreciate them
- Make 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 each other
- Tell someone you know that you are proud of them & appreciate what they do
- Send someone a joke to cheer them up
- Spend time playing with your pet
- Lend your ear – call a colleague and find out how they are
- Offer to skill share with a friend via a video call – you could teach guitar, dance etc.
- Offer support to vulnerable neighbours – tidy up their garden
- Offer to send someone a takeaway for a treat – could be a team lunch!
- Send someone a gift straight to their door
- Recommend a book to a friend or buy it for them as a surprise
- Write a poem for a friend or relative & send it to them
- Pay for someone's tank of fuel at the petrol station – keep them mobile
- Send some pamper treats to friends you miss
- Forgive someone and give up a grudge

