

Safe Haven Connect CIC · Registered CIC

100 Ways to Make the World a Kinder Place

Small Acts of Kindness That Can Make a Big Difference

Version 1.0

Welcome

Kindness has the power to change lives.

A smile, a kind word or a helping hand might seem like a small gesture, but to someone else it could mean everything.

This workbook has been created to inspire simple acts of kindness that anyone can do, regardless of age, income or circumstances. Many of these ideas take only a few minutes but can have a lasting impact on the people around you—and on your own wellbeing too.

Research shows that being kind to others can improve mood, reduce stress, strengthen relationships and increase feelings of happiness and purpose.

Remember, changing the world doesn't always require grand gestures. Sometimes it begins with one small act of kindness.

How to Use This Workbook

There is no right or wrong way to complete this workbook.

Choose one or more acts of kindness to try each day.

Tick them off as you complete them.

Reflect on how they made you and others feel.

Repeat your favourites whenever you can.

Share kindness without expecting anything in return.

Every act, no matter how small, makes a difference.

Why Kindness Matters

Kindness can:

- ♥️ Brighten someone's day
- ♥️ Reduce loneliness
- ♥️ Strengthen communities
- ♥️ Improve mental wellbeing
- ♥️ Build stronger relationships
- ♥️ Encourage others to be kind
- ♥️ Increase happiness and gratitude
- ♥️ Remind people they are valued

The ripple effect of kindness can spread much further than we ever realise.

Before You Begin

What does kindness mean to me?

Who could I show kindness to?

☐ Family

- ☐ Friends
- ☐ Neighbours
- ☐ Colleagues
- ☐ Someone I don't know
- ☐ My local community
- ☐ Myself
- ☐ Other

My Kindness Goal

Over the coming weeks I will try to...

My Kindness Promise

I promise to treat others with compassion, patience and respect.

I understand that even small acts of kindness can make a meaningful difference.

I will also remember to show kindness to myself.

Signed:

Date:

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Part 1 (1–25)

Tick each act of kindness as you complete it.

- ☐ 1. Smile at someone today.
- ☐ 2. Hold a door open for someone.
- ☐ 3. Say "thank you" to someone who has helped you.
- ☐ 4. Compliment someone sincerely.
- ☐ 5. Check in on a friend or family member.
- ☐ 6. Call someone who may be feeling lonely.
- ☐ 7. Listen without interrupting.
- ☐ 8. Offer to help someone with a task.
- ☐ 9. Let someone go ahead of you in a queue.
- ☐ 10. Donate unwanted clothes or household items.
- ☐ 11. Leave a positive review for a local business.
- ☐ 12. Pick up litter while you're out walking.
- ☐ 13. Thank a healthcare worker, carer or emergency service worker.
- ☐ 14. Be patient with someone who is having a difficult day.
- ☐ 15. Write a kind message to someone you appreciate.
- ☐ 16. Welcome someone new into a group or conversation.

- ☐ 17. Encourage someone who is struggling.
- ☐ 18. Share something that made you smile.
- ☐ 19. Offer someone your seat if they need it more.
- ☐ 20. Forgive yourself for a mistake.
- ☐ 21. Be kind to yourself by taking a break.
- ☐ 22. Tell someone they matter.
- ☐ 23. Support a local charity or community project in any way you can.
- ☐ 24. Thank someone for simply being there for you.
- ☐ 25. End the day by reflecting on one act of kindness you gave or received.

My Reflection

Which act of kindness had the biggest impact today?

Next Section: Part 2 – Acts of Kindness 26–50.

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Part 2 (26–50)

Tick each act of kindness as you complete it.

- ☐ 26. Say good morning to someone you don't normally speak to.

- ☐ 27. Let someone know you're thinking of them.
- ☐ 28. Write a thank-you note.
- ☐ 29. Offer to make someone a cup of tea or coffee.
- ☐ 30. Give someone your full attention when they're speaking.
- ☐ 31. Share words of encouragement with someone who's feeling low.
- ☐ 32. Be patient in traffic or while waiting in a queue.
- ☐ 33. Help someone carry heavy bags.
- ☐ 34. Compliment a colleague or classmate on their hard work.
- ☐ 35. Introduce yourself to a neighbour you haven't met.
- ☐ 36. Leave a positive comment on someone's achievement.
- ☐ 37. Volunteer your time to help in your community.
- ☐ 38. Share a book, recipe or skill with someone else.
- ☐ 39. Include someone who may feel left out.
- ☐ 40. Encourage someone to believe in themselves.
- ☐ 41. Offer to help an older neighbour with a small task.
- ☐ 42. Respect other people's opinions, even if they differ from your own.
- ☐ 43. Be kind to customer service staff and shop workers.
- ☐ 44. Thank your teacher, mentor or someone who has inspired you.
- ☐ 45. Spend quality time with someone who may be feeling lonely.
- ☐ 46. Offer to babysit or help a busy parent if you're able.
- ☐ 47. Donate books, toys or games you no longer use.
- ☐ 48. Plant flowers or help care for a shared community space.
- ☐ 49. Tell someone what you admire about them.
- ☐ 50. Perform an act of kindness without telling anyone.

My Reflection

How did today's acts of kindness make me feel?

Next Section: Part 3 – Acts of Kindness 51–75.

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Part 3 (51–75)

Tick each act of kindness as you complete it.

- ☐ 51. Ask someone how they're doing—and really listen to the answer.
- ☐ 52. Smile at a stranger.
- ☐ 53. Send an encouraging text to someone.
- ☐ 54. Offer to walk someone's dog if they're unable to.
- ☐ 55. Let another driver merge in traffic.
- ☐ 56. Praise someone for their effort, not just their success.
- ☐ 57. Leave an uplifting note for a loved one to find.
- ☐ 58. Invite someone to join you for a walk.
- ☐ 59. Share an umbrella or offer shelter from the rain if you can.

- ☐ 60. Spend time with someone who needs company.
- ☐ 61. Be kind to yourself by taking time to rest.
- ☐ 62. Apologise if you've made a mistake.
- ☐ 63. Recycle and help protect the environment.
- ☐ 64. Support a small local business.
- ☐ 65. Leave a place cleaner than you found it.
- ☐ 66. Donate unused food to a local food bank if you're able.
- ☐ 67. Encourage a child to believe in themselves.
- ☐ 68. Celebrate someone else's success without comparison.
- ☐ 69. Be patient with someone learning a new skill.
- ☐ 70. Give genuine thanks to someone who often goes unnoticed.
- ☐ 71. Make time to visit a relative or friend.
- ☐ 72. Speak kindly about others, even when they're not present.
- ☐ 73. Help someone feel included.
- ☐ 74. Choose kindness, even when it's difficult.
- ☐ 75. End the day by reflecting on how your kindness made a difference.

My Reflection

What did I learn from today's acts of kindness?

How did my kindness affect someone else?

Next Section: Part 4 – Acts of Kindness 76–100, followed by a personal reflection, disclaimer and information about Safe Haven Connect CIC.

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Part 4 (76–100)

Tick each act of kindness as you complete it.

- ☐ 76. Write down three things you appreciate about yourself.
- ☐ 77. Thank someone who often goes unnoticed.
- ☐ 78. Let someone know they're valued.
- ☐ 79. Offer encouragement to someone facing a challenge.
- ☐ 80. Spend time with someone who may be feeling isolated.
- ☐ 81. Leave an uplifting message for someone to find.
- ☐ 82. Offer your help without expecting anything in return.
- ☐ 83. Be patient with yourself after making a mistake.
- ☐ 84. Forgive someone if you're ready to do so.
- ☐ 85. Give someone your full attention by putting your phone away.
- ☐ 86. Share a smile with everyone you meet today.
- ☐ 87. Donate your time to a local community group or charity.
- ☐ 88. Tell a child they're capable of amazing things.

- ☐ 89. Support someone who feels left out.
- ☐ 90. Respect differences and celebrate diversity.
- ☐ 91. Encourage someone to ask for help if they need it.
- ☐ 92. Make someone laugh today.
- ☐ 93. Tell your family you love them.
- ☐ 94. Thank someone who has positively influenced your life.
- ☐ 95. Leave every place you visit a little better than you found it.
- ☐ 96. Be kind to yourself by taking time to rest and recharge.
- ☐ 97. Remember that everyone is fighting a battle you may not see.
- ☐ 98. Choose compassion instead of judgement.
- ☐ 99. Inspire someone else to carry out an act of kindness.
- ☐ 100. Make kindness part of your everyday life.

My Reflection

Which acts of kindness made the biggest difference?

How did showing kindness make me feel?

What have I learnt from this workbook?

How will I continue spreading kindness?

Final Thoughts

Kindness costs nothing, but it can mean everything.

Every smile, encouraging word, helping hand and act of compassion has the power to brighten someone's day. You may never know the impact your kindness has had, but that doesn't make it any less important.

By choosing kindness every day, you're helping to build stronger families, kinder communities and a more compassionate world.

Remember—kindness towards yourself is just as important as kindness towards others.

Disclaimer

This workbook has been created by Safe Haven Connect CIC as an educational and wellbeing resource. It is intended to inspire positive actions and promote kindness within ourselves and our communities. It is not a substitute for professional mental health, medical or psychological advice.

If you or someone you know is struggling with their mental health, please seek support from a qualified healthcare professional or appropriate support service.

About Safe Haven Connect CIC

Safe Haven Connect CIC is a UK Community Interest Company dedicated to making mental health support accessible to everyone.

We provide free and affordable wellbeing resources, including downloadable workbooks, self-help guides, mental health courses, anonymous chat rooms, breathing exercises, mood tracking tools, wellbeing activities and our AI wellbeing companion, Sage.

Our mission is to reduce isolation, improve wellbeing and ensure that nobody has to face life's challenges alone.



Website: <https://safehavenconnect.org>



Workbook Library: <https://safehavenconnect.org/workbooks>

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