



KEEP

CALM

AND DO RANDOM

ACTS

OF KINDNESS

Special days

- We all do something special on someone's special day
- When was the last time you did something randomly special?
- How did it feel?
- Last Christmas





- Not as often as I should!
- I did the other day
- Why?
- We develop habits
- Most of us are naturally selfish



Here's a story

- Any ideas what happened here?
- Daniel paralysed
- Raised £22 000
- Gave it to Brecon
- “For me, things are not getting better soon. I wanted to help someone whose life could get better.”

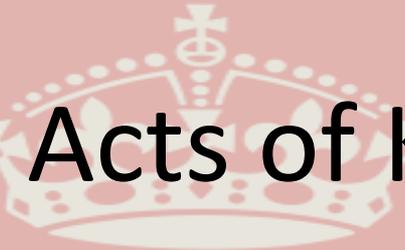




How special does kindness have to be?

- Not very!
- Carry the shopping
- Do the dishwasher
- What else?

KEEP
CALM
AND DO RANDOM
ACTS
OF KINDNESS



Random Acts of Kindness

- Let's make this random acts of kindness week!
- What can you do for...
- Make yourself feel better and...
- Someone else feel better!
- Tell me your tales by Friday

KEEP CALM AND DO RANDOM ACTS OF KINDNESS

A painting of a tropical beach at sunset. The sky is a mix of orange, yellow, and blue. The water is dark blue with some white foam. There are several palm trees on the right side. A large, dark rock is in the foreground on the left. The text is written in white, cursive-style font over the painting.

www.facebook.com/MusedOne

Do your little bit of good
where you are;
it's those little bits of good
put together that overwhelm
the world.

Desmond Tutu



If you ever find yourself stuck in
the middle of the sea,
I'll sail the world to find you.
And if you ever find yourself lost
in the dark and you can't see,
I'll be the light to guide you.
Find out what we're made of,
when we are called to help our
friends in need.

OF KINDNESS



You can count on me like one,
two, three, I'll be there,
And I know when I need it, I can
count on you like four, three,
two,
And you'll be there
'Cos that's what friends are
s'posed to do, oh, yeah,
Ooo, ooo, yeah, yeah.



If you're tossing and you're
turning and you just can't fall
asleep

I'll sing a song beside you.
And if you ever forget how much
you really mean to me,
Everyday I will remind you.
Find out what we're made of,
When we are called to help our
friends in need.



You can count on me like one,
two, three, I'll be there
And I know when I need it, I can
count on you like four, three,
two,
You'll be there,
'Cos that's what friends are
s'posed to do, oh, yeah
Ooo, ooo, yeah, yeah.



You'll always have my shoulder
when you cry,
I'll never let go, never say 'goodbye'

KEEP CALM
AND DO RANDOM

ACTS

OF KINDNESS



You can count on me like one,
two, three, I'll be there
And I know when I need it, I can
count on you like four, three,
two,
You'll be there,
'Cos that's what friends are
s'posed to do, oh, yeah,
Ooo, ooo,



KEEP

YOU CAN COUNT ON ME COS' I
CAN COUNT ON YOU.

ACTS

OF KINDNESS

A painting of a tropical beach at sunset. The sky is a mix of orange, yellow, and blue. The water is dark blue with some white foam. There are several palm trees on the right side. A large, dark rock is in the foreground on the left. The text is written in white, cursive font over the painting.

www.facebook.com/MusedOne

Do your little bit of good
where you are;
it's those little bits of good
put together that overwhelm
the world.

Desmond Tutu

Random acts of kindness

- Part of British values
- <http://www.bl.uk/magna-carta/articles/magna-carta-an-introduction>

