



Reach out to a family member or friend that you know who is living alone during self isolation



Treat yourself to your favourite meal or takeaway

10 ways to be kind

For adults and young people



Make a cup of tea for someone you live with and sit down and have a chat. Or have a virtual cup of tea with a friend



Draw a picture or make a painting and pop it through the letter box of someone you know

Remember, don't over do it!

It's the small things that count, doing one small thing every now and then will make a big impact to someone's day - so don't put too much pressure on yourself.

If you feel like you are giving too much of yourself then its ok to take a step back and look after yourself.



Look up and say "hello" to people when passing by



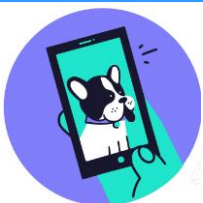
Make time to listen to a friend or family member – and don't forget to ask someone if you need them to listen to you



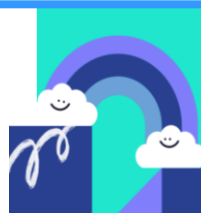
Spend time playing! With either a family member or virtually. Games such as 'hangman' are great to play virtually



Have a clear out and a tidy! You could even donate anything you don't want anymore to charity



Send someone you know an uplifting picture



Allow yourself to cry if you are feeling down, it is ok to not be ok