



15th February - Say thank you to someone as they work and say how much you appreciate them

16th February - Call in on an elderly neighbour - take some cake, have a cup of tea and a chat

17th February - Shop locally and support local farmers, local veg growers and local shops

18th February - Show some love to your neighbourhood and pick up litter (please wear gloves and use a strong bag) or see if there is anything more you can recycle at home

***Monday 19th February - Sunday 25th February***

19th February - Hold doors open for those behind you

20th February - Smile at people

21st February - Be a nice driver - spread road-calm!

22nd February - Email / write to a local charity you think does a great work and thank them and those who volunteer

23rd February - Take time to pray for your neighbours

24th February - Spread the niceness on Facebook and Twitter - compliment some of your friends

25th February - Set up a Blessing Bag - a bag of items you keep in your car that can be used to bless other people or a Blessing Box outside your church building - place in it a few items that will bless others

***Monday 26th February - Sunday 4th March***

26th February - Write a letter (or use social media) to a local emergency service and thank them for the work they do

27th February - Say hello to people

28th February - Look at joining or setting up a [Neighbourhood Watch](#) scheme

1st March - Spot ways of helping people and do it

2nd March - Go on a thankful walk - see all the positive things you can be thankful for in your neighbourhood

3rd March - Buy [Fairtrade](#) where you can today

4th March - Take a single person (elderly person, single mum...) out for Sunday lunch

***Monday 5th March - Sunday 10th March (Mothering Sunday)***

5th March - Consider investing some time volunteering - could you give 24 hours over the next year?

6th March - Commit to collect used stamps for [The Leprosy Mission](#) or other charity

7th March - Catch a bus (#Do1NiceThing for the environment) and say thank you to the bus driver

8th March - Give a drink to a homeless person or take part in '[Suspended Coffee](#)'

9th March - Email / write to your MP and say thank you for representing you and that you are praying for them

10th March - Take a prayer walk round your neighbourhood and pray for needs

Mothering Sunday 11th March - Take some flowers to mothers and grandmas on your street

### ***Monday 12th March - Sunday 18th March***

12th March - Buy seeds ready to create a wildlife garden (or tub or window box!)

13th March - Look for ways to volunteer one hour of your time for someone else (look at [StreetBank](#) for ideas)

14th March - E-Mail your local councillors and say thank you for what they do and offer to pray for them

15th March - Take time to discover some new tourist attraction in your area (eg wildlife park, play area, etc)

16th March - Give away a book you think is worth reading

17th March - Pay for the drink of the person behind you in a coffee shop

18th March - Write some inspirational messages on Post-It notes and randomly leave for people to find

### ***Monday 19th March - Sunday 25th March***

19th March - Help someone down the stairs or hold open a door for someone with a pram

20th March - Look out for a stranger you can chat to - Small Talk Saves Lives ([see this powerful video from Network Rail of Sarah's Story to show the impact this can have](#))

21st March - Offer your skills to someone else for free

22nd March - Write a letter to the boss of someone who has given excellent customer service to tell them so

23rd March - Clear out unwanted items and give to a charity shop

24th March - Organise a free car wash for your community

Palm Sunday 25th March - Thank people for the virtues they have

***Monday 26th March - Easter Sunday 1st April***

26th March - Send flowers to a friend as a thank you for your friendship

27th March- Give a New Testament or inspirational book to someone you don't know

28th March - Take a box of chocolates to work and say thank you to your colleagues

Maundy Thursday 29th March - Easter Weekend - Serve someone

Good Friday 30th March - Put spare change in a charity box

31st March- Visit a local shop you have not visited before or in a while (support locally!)

Easter Sunday 1st April - Get together with others to organise a community or church Easter Egg hunt

Many thanks - please do share on social media using #Do1NiceThing