**Lent 2017 - #Do1NiceThing Challenge -** [**www.do1nicething.org.uk**](http://www.do1nicething.org.uk)

This Lent don’t just give up - give out! Love the person in front of you, make your community a better place - below and on the website is a Lent-full of ideas to help you!

**Wednesday 1st March - Sunday 5th March**

1st March Engage in conversation with the people who serve you (e.g. shop keepers)

2nd March Say thank you to someone as they work and say how much you appreciate them

3rd March Call in on an elderly neighbour - take some cake, have a cup of tea and a chat

4th March Shop locally and support local farmers, local veg growers and local shops

5th March 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 6th March - Sunday 12th March**

6th March Hold doors open for those behind you

7th March Smile at people

8th March Be a nice driver - spread road-calm!

9th March Email / write to a local charity you think does a great work and thank them and

those who volunteer

10th March Take time to pray for your neighbours

11th March Spread the niceness on Facebook and Twitter - compliment some of your friends

12th March Set up a Blessing Bag - a bag of items you keep in your car that can be used to

bless other people

**Monday 13th March - Sunday 19th March**

13th March Write a letter to a local emergency service and thank them for the work they do

14th March Say hello to people

15th March Look at joining or setting up a [Neighbourhood Watch](http://www.ourwatch.org.uk/) scheme

16th March Spot ways of helping people and do it

17th March Go on a thankful walk - see all the positive things you can be thankful for in your

neighbourhood

18th March Buy [Fairtrade](http://www.fairtrade.org.uk/) where you can today

19th March Take a single person (elderly person, single mum...) out for Sunday lunch

**Monday 20th March - Sunday 26th March (Mothering Sunday)**

20th March Consider investing some time volunteering - could you give 24 hours over the

next year?

21st March Commit to collect used stamps for [The Leprosy Mission](http://www.leprosymission.org.uk/join-with-us/fundraise/stamps-and-collectables.aspx)

22nd March Catch a bus (#Do1NiceThing for the environment) and say thank you to the bus

driver

23rd March Give a drink to a homeless person or take part in '[Suspended Coffee](http://www.suspendedcoffees.com/)'

24th March Email / write to your MP and say thank you for representing you and that you are

praying for them

25th March Take a prayer walk round your neighbourhood and pray for needs

26th March (Mothering Sunday) Take some flowers to mothers and grandmas on your street

**Monday 27th March - Sunday 2nd April**

27th March Buy seeds ready to create a wildlife garden (or tub or window box!)

28th March Look for ways to volunteer one hour of your time for someone else (look at

[StreetBank](http://www.streetbank.com/) for ideas)

29th March E-Mail your local councillors and say thank you for what they do and offer to pray

for them

30th March Take time to discover some new tourist attraction in your area (eg wildlife park,

play area, etc)

31st March Give away a book you think is worth reading

1st April Pay for the drink of the person behind you in a coffee shop

2nd April Write some inspirational messages on Post-It notes and randomly leave for

people to find

**Monday 3rd April - Sunday 9th April**

3rd April Help someone down the stairs or hold open a door for someone with a pram

4th April Sit in a coffee shop and chat to some stranger's or buy a 'Suspended Coffee' or

pay for a stranger's drink

5th April Offer your skills to someone else for free

6th April Write a letter to the boss of someone who has given excellent customer service

to tell them so

7th April Clear out unwanted items and give to a charity shop

8th April Organise a free car wash for your community

9th April (Palm Sunday) Thank people for the virtues they have

**Monday 10th April - Easter Sunday 16th April**

10th April Send flowers to a friend as a thank you for your friendship

11th April Give a New Testament or inspirational book to someone you don't know

12th April Take a box of chocolates to work and say thank you to your colleagues

13th April (Maundy Thursday) Serve someone

14th April (Good Friday) Put spare change in a charity box

15th April Visit a local shop you have not visited before or in a while (support locally!)

Easter Sunday 16th April - Get together with others to organise a community or church Easter Egg hunt