#Do1NiceThing 2018



Lent is a time of preparation around remembering the forty days Jesus spent in the desert praying and preparing for his public ministry. It is the period from Ash Wednesday to the events of Easter weekend - a time traditionally of giving up - **but Love Your Streets also encourage you to GIVE OUT?**

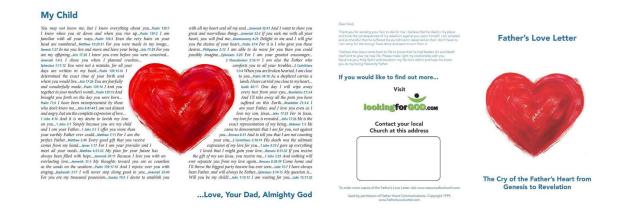
#Do1NiceThing is about loving the person in front of you - serving others and the wider community. It is about being the change, making positive steps to make life better for others (and yourself in the process!). The ideas are generally very simple and require not much thought or pre-planning. If you don't like one of the ideas, do something else!

Visit www.do1nicething.org.uk for online resources.

Please Tweet about and update your Facebook status as you do your daily challenge - encourage others to join in! Use #Do1NiceThing as a way of pooling all the mentions together...

Wednesday 14th February - Sunday 18th February

Valentine's Day - 14th February - Engage in conversation with the people who serve you (e.g. shopkeepers) or deliver the Father's Love Letter to your neighbourhood or share on your social media (download page 1 / download page 2)



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 <u>StreetBank</u> 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