



40acts Family Wallchart

Can your family do 40acts of generosity? Add a ✓ as you do each one.

Here are 40acts of generosity for your family to do. Remember to be flexible; you can do them in any order, do them more than once or miss some out.

If you use this during Lent, there's a slightly 'bigger' act on Saturdays (with circles around the numbers) when you might have a bit more time. There are no acts on Sundays, so maybe use that time to plan your acts for the week.

1
Make your own generosity kit. Add spare pencil/pen, tissues, £1 coin, sweets. What else?

2
Tell a friend something you really like about them today.

3
Create a 'Giving Jar' and feed it with any money you can find, and fundraising money (see #10).

4
Leave something nice to eat on a neighbour's doorstep, ring the bell and run!

6
Give your postman or lady a bar of chocolate.

7
Make someone laugh!

8
Return a supermarket trolley and leave £1 in it. Or tape £1 to a wall where it would be really useful.

9
Make and put up a 'Take a Compliment' poster with tear-off messages for people to take away*.

10
Raise some money by offering to wash cars. Put the money in your Giving Jar.

5
Write a mega-list of things you are grateful for.

12
Be the first to say sorry or to offer help today.

13
Send an anonymous gift to someone who might be lonely or sad.

14
Record a video love note and send it to someone you don't see often.

15
Let someone else choose what to watch on TV.

16
Chat about issues that matter to you and research a new charity to support.

11
Find out the names of some local people like shopkeepers or policemen, then greet them by name.

18
Smile at ten people today.

19
Secretly chalk a nice message on a neighbour's or friend's drive / path / front step.

20
Make something to give away – paint a picture, bake a cake, or do whatever you do well.

21
Write a fun message to hold up to people in other cars as you travel. Smile and wave too!

22
At a drive-through, fast food restaurant or café, pay for the person behind you and leave a note.**

17
See if you have a loyalty card with lots of points on or a gift voucher and give it to someone as a gift.

23

Hide some small toys at the park with a note saying: Take one home and remember you are special!

24

Donate some clothes, toys or hobby items to charity.

25

Do a not-so-nice-job without being asked! (Change a nappy, take out the bins or sweep the floor.)

26

Choose and buy food for a local food bank or look into volunteering for MakeLunch.org

27

Say hello or chat with someone new.

28

Tape change to a car park payment machine or parking meter.

29

Cheer up someone who is ill.

30

Make someone special a cup of tea (or whatever they like!)

31

Make a 'Things I like about you' book or card for someone.

32

Take time to play with someone younger than you.

33

Hide encouraging notes in unexpected places.

34

Pick up litter or gather a litter picking team to tidy up an area near where you live.

35

Give someone flowers – buy them, pick them from your own garden or make some out of paper.**

36

Give someone a shoulder or foot massage.

37

Make a treasure hunt for a friend.

38

Build a den then invite friends to join you in it for a snack, story or game together.

39

Write a thank you note – it could be a Post-It, email, text or card!

40

Plan a fundraising idea, such as a cake sale. Send the money you raise and the money in your jar to a charity.

Top tips: Be flexible. Make this generosity challenge work for your family. If you can't be generous to the person suggested, pick someone else! See Wallchart Extras for some ideas.

* See Wallchart Extras for a sample Take a Compliment poster you can photocopy and use (#9).

** See Wallchart Extras for ideas for a note you could leave (#22) and instructions on how to make paper flowers (#35).

If you'd like to do more activities like this, you'll enjoy **Exploring Generosity with GodVenture and 40acts**, a family activity sticker book with over 200 stickers. Get yours from **GodVenture.co.uk**

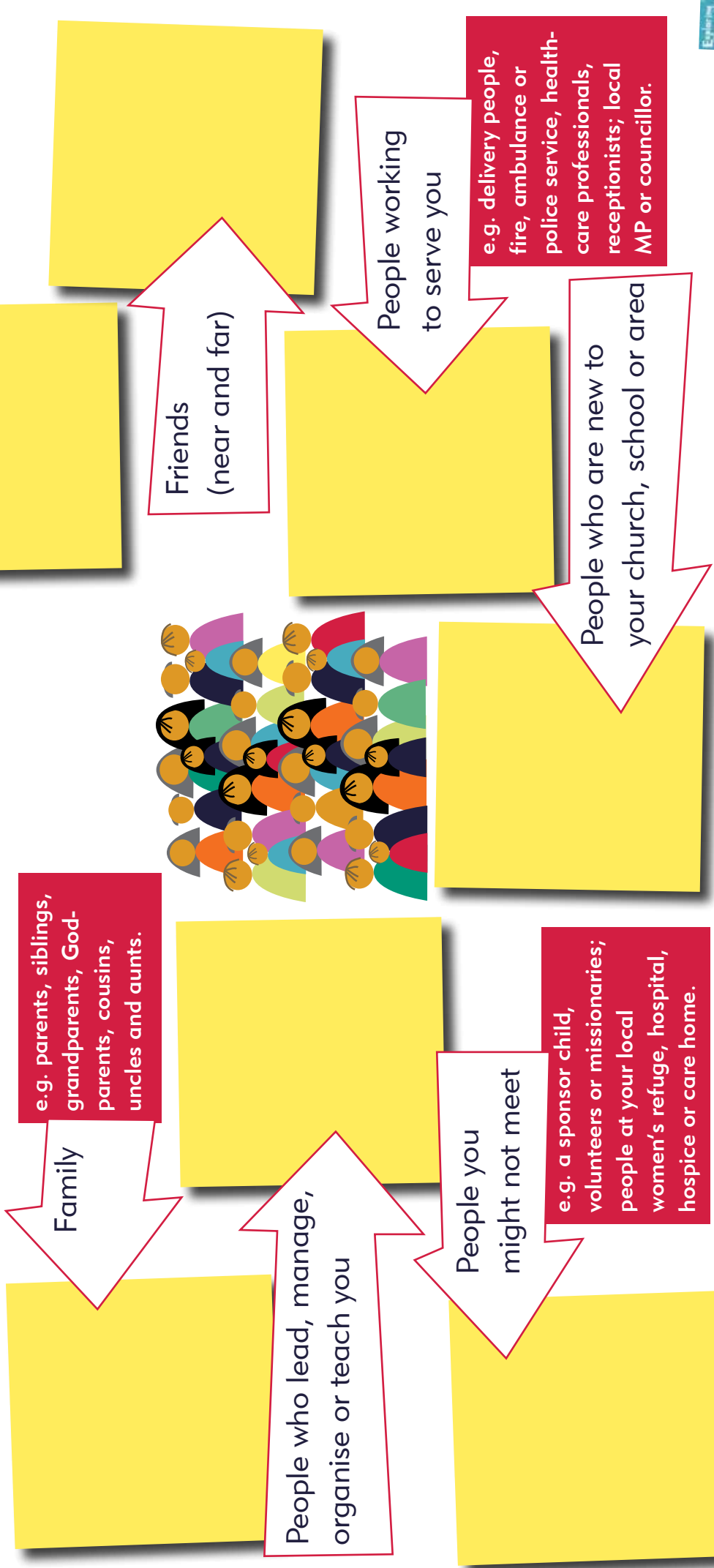
For more details on  and Stewardship, find us on Facebook, Twitter or visit 40acts.co.uk



Wallchart Extras

Who will you be generous to?

There's a whole world of people out there who you could be generous to. Use these headings to write your own lists.
When you do your 40acts, if you can't be generous to the person suggested, use one of the people on your list instead!



Wallchart Extras

Generosity note

Here are some ideas for a note to leave when you pay for the person behind you in a queue in a cafe or take away or shop (40acts #22).



Our family is practising being more generous.
This is our gift to you.

Why not pay it forward?
Find someone to be generous to today.

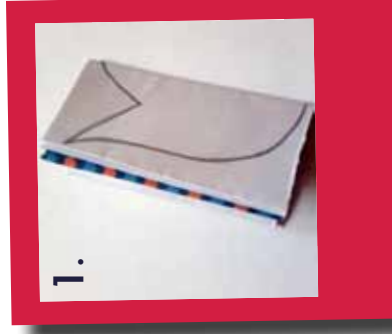
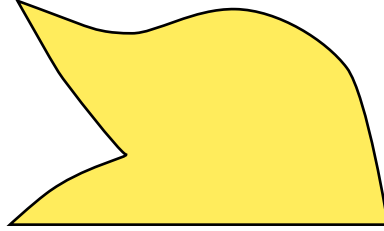
For Lent this year, our family is doing 40acts of generosity.

This is our gift to you.

40acts.org.uk

Paper flowers

Here is a template and instructions for making paper flowers (40acts #35).



1 Cut a piece of A4 paper in half longways. Fold one half in half four times. Trace this template then draw it onto the folded paper, with the straight edge on the folded side. Cut it out to produce four flower shapes.



2 Keep these folded in half with the colour or pattern you want showing on the inside.



3 Glue them together in a stack, lining up the folded edges.



4 Glue a stick or pipecleaner on the top one and glue the top side to the bottom one. Press hard to make the stick stay in.



5 Open out the 'petals' and da-dah!
One flower!



dear you,
yes...

YOU

YOU ARE

AMAZING!

Have a beautiful day!

please take a
compliment

and then feel free to pass it on



you are beautiful

you are worth it

you are loved

you are talented

you are strong

your smile is beautiful

you are appreciated

you are treasured

you can make it happen

you are inspiring

you are unique

you are brilliant