windmills foundation

Words of wisdom

We contribute

Resources

60 ways to SMILE...

If you're struggling for ideas, here are some simple ways other people have passed on a smile. Many cost nothing.

Homelessness

- Making homemade biscuits and cakes for a soup kitchen
- Writing stories and poems for the Big Issue
- Creating goody bags with donated shampoo, soaps and smellies

Difficulties

- Developing links with a special needs school and organising a car wash to buy play equipment for them
- Organising a sports superstar's event for adults with learning difficulties
- Making photo albums to help people with Alzheimer's

Ageing

- Running a musical show at an old people's home
- Designing a cook book for single people
- Befriending a neighbour

Bullying

- Performing a play about the effects of bullying
- Talking to others at school about what the school says it does about bullying and letting others know about places that can help if you are being bullied e.g. Childline
- Saying sorry and forgiving people who they have fallen out with

Equality

- Develop a Black Lives Matters strategy for your school
- Research the possibility of setting up a fair share scheme at school
- Persuade friends to come on the walking bus to school

Conflict

- Create a system at home for family meetings so you can all share your concerns and worries providing suggestions for improvement
- Setting up a kids programme with the local radio station airing young peoples' issues
- Explore initiatives that local schools can work on in their community to build and foster greater appreciation of each other

60 ways to SMILE...

Loss

- Liaising with the local church and writing homemade sympathy cards to people who have lost loved ones
- Set up a dog walking scheme for those who have lost their pet or for those unable to walk their pet due to ill-health
- Taking a gift to a neighbour who has lost his wife over Covid

Family

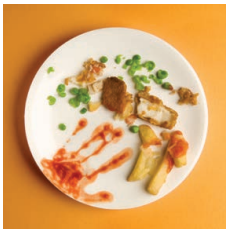
- Helping those in your family use technology to keep in touch and see family members
- Collect old photos of each member of your family and begin to create a shared family history memory book
- Commit yourself each month to a 'family' night taking it in turns to create what you are going to eat, what the entertainment is, where it is to be held and what to wear

Loneliness

- Setting up a weekly 'check-in' knock on the door for those people in your road who live alone
- Approach your local cafe to become a 'chatty coffee shop' designating one of their tables as a social table for those who are by themselves but wanting company
- Being a listening ear and showing empathy to an older neighbour

Poverty

- Introducing a contributions box for the local food bank at school
- Clear out the house of unwanted toys, games, DVD's and bric-a-brac to organise a sale and donate the proceeds to a local charity helping those in poverty
- Develop an online shop for sharing nearly new uniforms/clothes



Crime

- Teaming up with Victim Support to provide decorated plant pots and new bulbs for them to cheer up vulnerable victims of crime
- Clearing up glass and painting over graffiti in the local playground
- Creating and distributing flyers promoting a 'stay safe' campaign

Health

- Approaching a local health charity to give a talk on healthy eating
- Getting the local dentist to talk about the effects of too eating too much processed sugar
- Developing a night time routine to help you and your family improve their sleep patterns

60 ways to SMILE...

Learning

- Delivering a computer course for older generations afraid of technology
- Volunteering to help with maths for younger pupils needing extra support
- Donating old reading books to non-English speaking residents in your local communities

Difference

- Exploring ways to create inter-generational projects to connect young and old people locally
- Set up a cookery appreciation evening sharing foods from each other's countries with people in your community
- Organised a running club for young people with special needs

Worry

- Interview older people and listen to their stories, attempting to breakdown stereotypes between the generations
- Arrange a welcome event for new pupils and their parents
- Creating a quite space in school and making a reflection bench

Relationships

- Setting up pen pals with children from a special needs school
- Working with class mates to explore healthy and unhealthy relationships raising the profile of what makes for each
- Linking generations together through acts of kindness to older people in care homes and collection of words of wisdom

Sadness

- Persuading the local flower shop to donate a small bunch of flowers each week and asking for nominations of people who may need cheering up
- Recording fun songs and messages and playing them in hospital
- Painting a picture with a message for someone who is housebound

Environment

- Tackling environmental change by planting a tree
- Encouraging every child to ask their parent to volunteer an hour of their time to make a positive change to the school environment
- Planting old Christmas trees to stop sand erosion on the beach

60 ways to SMILE...

Disasters

- Helping friends and neighbours with shopping and medication who are isolated through Covid
- Making PPE equipment including face masks and scrubs for medical staff
- Helping Park Rangers to clean beaches after local storm damage

Broken

- Making a meal for someone locally who is bereaved
- Volunteering to run a SMILE Challenge for young people with mental health problems and sharing their story
- Visiting the local hospital and donating resources for the play area to cheer up young people suffering with physical ill health

Happiness

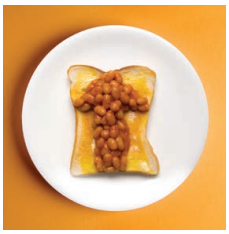
- Set up a system with friends for random acts of kindness in your community
- Build a habit of thanking those around you who you take for granted
- Connect with others in your street to share a walk in the outdoors connecting with nature

Emotional Wellbeing

- Taking time to check up on those around you and ask how they are doing
- Being prepared to listen rather than talking all the time when with friends and family
- Creating a library of websites, helplines and resources that can help your well-being and sharing it social media

Cultures

- Suggest at school/college a lunchtime session to learn about different cultures asking fellow students to share their personal stories
- Visit local community groups that represent people in your locality who are different from you
- Produce a multi faith guide exploring the differences and similarities across religious faithsPurpose



Purpose

- Help those around you with the simple things e.g. putting out and bringing back in the wheelie bins each week
- Administer a buddy scheme paring up older pupils with nursery children
- Organise a raffle to raise funds to buy toys for a local children's hospice

Invitation to SMILE...

Your challenge if you choose to accept it, is to play your part in making the world a better place. All you need to do is a little something which brightens up someone's day.

Your goal is to make people '**SMILE**' by ***sharing*** your unique skills and talents in a ***meaningful*** way that ***impacts*** on your community, ***lasts*** over time and engages ***everyone***. To help you along the way we've given you £10 which you are welcome to use in anyway – from spending it to increasing it.

Just one rule applies – you cannot give the money away. This challenge is about making a difference and bringing a smile to someone else. Good luck and keep smiling.

Never lose your own smile – its right under your nose.

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S

Share

We care about… and we'd like to help by sharing our skills in…

Highlight what you really care about and list the key groups of skills from your Party Group activity that you would really love to use both individually and as a group.

Example

"We really care about children who are unwell and the impact on their families and would like to brighten up their day by using our Creative, Communication, Caring and Handy-Andy skills."

m

Meaningful

Our most meaningful and exciting idea is to…

Think creatively about how you can combine your skills to meet the genuine need. Firstly create as many ideas as possible, then focus on those that excite you the most, that maximise your skills and can be achieved in the time and resources available.

Example

"We will create a fun magazine for children in hospital and paint a poem on a flower pot to help brighten their families day."

i

Impact

We hope to make a difference by…

Think about why your act of kindness would make people smile and the outcome it will produce. It could range from giving people hope, making people laugh, inspiring positive action and improving wellbeing.

Example

"We will give vulnerable and sad people hope and love by showing that we genuinely care for them."

l

Lasting legacy

We will keep the SMILE going by…

How are you going to leave a lasting legacy? This may include continuing the relationship over time, passing the challenge on to younger peers, involving more people and creating a ripple effect.

Example

"We will keep the smile going by sharing how the poem made us feel and then passing the poem on to others."

e

Everyone

People who can help us are…

List all of the people who can help support you and can get involved. These may range from family members, teachers and friends to local businesses, charities and volunteers.

Example

"We can make the magazine fun by interviewing the local DJ, getting a prize from a local restaurant, asking a parent who is a printer to produce copies for free and engaging a local artist to design it"

S

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People who can help us are…

Congratulations!

.....

has successfully completed

The Smile Challenge

You're never fully dressed without a Smile!

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What did you enjoy most?

What 3 new skills have you picked up?

What was the biggest challenge you faced, and how did you overcome it?

Which bit of the experience do you feel employers will value most?

What have you learned about what really matters to you?

What are you grateful for?

How are you going to pass this experience on to others?

What makes an effective team?

If you did the challenge again, what would you do differently?

How have you made your impact last?

How are you going to give more in the future?

What surprised or puzzled you?

What are you most proud of?

What one piece of advice would you give someone else doing this challenge?

What one positive contribution has each member made?

What ripple effect has your project made?

What made you SMILE?

How has this experience helped your academic learning?

What one thing have you gained from the experience that you wouldn't have had if you hadn't done SMILE?

How can you make volunteering a lifetime habit?

What has this experience taught you about your future career aspirations?

Where do you see yourself in 10 years time?

Are there any subjects you would love to study more in the future?

What practical steps are you going to take to volunteer more?

How are you going to apply what you've learned in the future?

Who in your team really shone and how?

Where do you feel there is still a need in your local community and how are you going to address this?

Who would you love to team up with to make a bigger difference?

If you were to set up your own charity, what would it be?

Who developed most in your team?

What have you learned about yourself and other people?

How can you use this experience as a stepping stone to your ideal future?

In 10 years' time, which bit of SMILE will you remember most?

Creative Mind Award

awarded to

.....

for curiosity, creativity and imagination

windmills foundation

Kind Heart Award

awarded to

.....

for caring, giving back
and making people smile

windmills foundation

Helping Hand Award

awarded to

.....

for playing to strengths
and making a difference

windmills foundation

Listening Ear Award

awarded to

.....

for being there for
others and realising their needs

windmills foundation

Open Eye Award

awarded to

.....

for spotting opportunities
and seeing potential

windmills foundation

Positive Voice Award

awarded to

.....

for speaking out for what matters

windmills foundation

Brave Step Award

awarded to

.....

for taking the initiative
and making things happen

windmills foundation