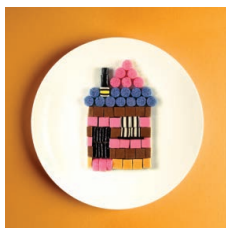


# 60 ways to SMILE...

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



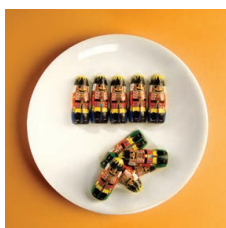
## Difficulties

- 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



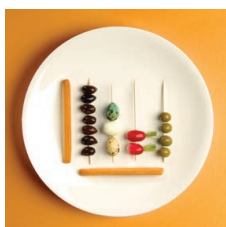
## Ageing

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



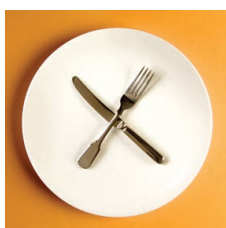
## Bullying

- 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



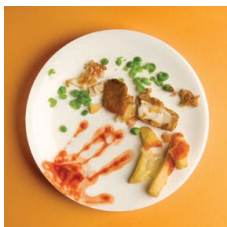
## Loneliness

- 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

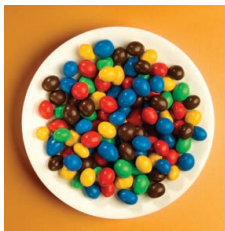
- Approaching a local health charity to give a talk on healthy eating
- Getting the local dentist to talk about the effects of too eating too much processed sugar
- Developing a night time routine to help you and your family improve their sleep patterns

# 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 quiet 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

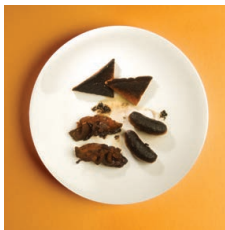
- Persuading the local flower shop to donate a small bunch of flowers each week and asking for nominations of people who may need cheering up
- Recording fun songs and messages and playing them in hospital
- Painting a picture with a message for someone who is housebound



## 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



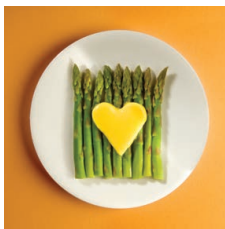
## Broken

- 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



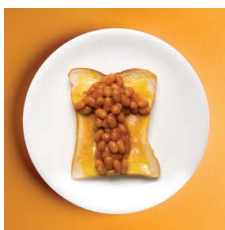
## Emotional Wellbeing

- 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 faiths



## 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 pairing up older pupils with nursery children
- Organise a raffle to raise funds to buy toys for a local children's hospice