

101 MAD SUNDAY IDEAS FOR ALL THE FAMILY

Every person can use their head, heart & hands to make the world a better place. We all have the power to make a change, even if it is small... you really never know what that change may mean to someone else. We all can make a difference to someone else's life.

But family life is busy, and a bit crazy at times. And sometimes small acts of kindness – even though they are simple – take a bit of preparation or at least thought ahead of time.

Or they may get left until “later”...

So here's a few family ideas that might inspire you and your family to get involved on MAD Sunday and going forward

A simple act of
love
can make
extraordinary
things happen.

28TH OCTOBER 2018
MAKE A #MADSUNDAY
DIFFERENCE
sunday!

*Do one good thing that day to help another & share it with us
Make a difference, be the difference & share the good news!!*

1. Send a letter, a card, or make a telephone call to a long lost friend or relative and renew that relationship.
2. Invite someone to dinner who is alone or on their own.
3. Visit an elderly friend, or someone who is sick.
4. Offer a lift to someone to appointment, shopping etc.
5. Send a thank you/congratulatory note to a co-worker/classmate, appreciating their efforts and the difference they make.
6. Assist a co-worker or classmate with a project. Or their homework
7. Dedicate a song to a special someone on the radio.
8. Prepare a favourite meal/snack for family or friend.
9. Share your professional expertise with someone in need of that help.
10. Take the rubbish out for your neighbour.
11. Let someone go in front of you in the line with fewer items than you at the shops.
12. Help with the house work.
13. Smile, talk, or “hang out” with a co-worker/classmate with whom you may not usually do so.
14. Wash and vacuum someone's car.
15. Store furniture for someone.
16. Help someone move
17. Loan your bicycle/car/tools to someone.
18. Share your discount coupons.
19. Let your staff go home a few minutes early.
20. Write a poem/song/paint a picture for someone.
21. Teach someone a new skill.
22. Call or email a long lost friend or relative and get reconnected.
23. Open and hold a door for someone.
24. Help someone obviously struggling with a heavy load.
25. Carry groceries to the car and return the trolley for a parent with a child, or an elderly person, etc.
26. Volunteer your time and skills.
27. Come to work early and make coffee for your co-workers.
28. Offer your parking space to someone; give your “pay and display” with time left on it to someone.
29. Gather up your gently used clothes, toys, furniture, and books and donate them .
30. Safely assist someone in need of roadside help.
31. Congratulate/comfort a team mate.
32. Let someone into the line of traffic.
33. Leave a thank you note for the postie or milkman.
34. Reward a loyal customer.
35. Thank/appreciate a business owner/staff person who has provided you with excellent service.
36. Tidy up the staff kitchen at your office.
37. Pick up litter and be kind to our environment
38. Pick up clothing that may have fallen off a hanger in a shop.
39. Compliment someone on their hair/clothing / job well done.
40. Save your postage stamps & donate them to a parish or a charity
41. Make your family's favourite dinner.
42. Car pool with someone for the day.
43. Ride your bike or walk to work /school to save carbon emissions and be kind to the environment.
44. Allow a student to job shadow you.
45. Help someone with their CV.

46. Refer a job opening to someone looking for a position.
47. Share a favourite recipe with a friend or co-worker.
48. Donate your time at the food bank or soup kitchen.
49. Take your kids to the park.
50. Let your kids stay up an hour later than normal if it is not a school day the next day.
51. Teach your kids how to make cookies.
52. Take your pet for an extra long walk.
53. If you see someone with their brake lights out, let them know.
54. Comfort someone who is in need.
55. Hug someone you love and tell them you love them.
56. Give up your seat on the bus for someone who needs to sit.
57. Pick up rubbish off the street/parks.
58. Share your notes with someone who has missed a class or meeting.
59. Donate blood.
60. Put a treat or a kind note in your spouse/kids lunch box.
61. Work or switch a work shift so someone else who needs the time off can do so.
62. Let a group or organization use your boardroom for a meeting.
63. Send leftover catered food to a homeless shelter.
64. Help with housework for an elderly neighbour or make their lunch for them.
65. Refer someone to a website that offers valid discounts.
66. Pick up roadside bottles and put them in a recycling bin.
67. Be part of your Neighbourhood Watch Program.
68. Pick flowers from your garden and share them at work or with neighbour/friends.
69. Get a group together to entertain at a senior's residence.
70. Offer to cover the desk for the receptionist over the lunch hour so they can have an extra-long lunch.
71. Clean off graffiti in your neighbourhood.
72. Help people cross at the pedestrian crossing when you see them waiting.
73. Offer to fix or repair items for someone who doesn't have the skill set to do it themselves.
74. Help deliver meals to people.
75. Form a neighbourhood committee to do a neighbour clean-up.
76. Organize a neighbourhood garage sale for charity.
77. Remember birthdays, anniversaries, and special dates and send the person (s) a note or card.
78. Give a friendly welcome to newcomers in your neighbourhood, at work, or at school.
79. Write a reference letter or post one on LinkedIn for someone who is not expecting it.
80. Say something nice to everyone you meet.
81. Tutor a student who is struggling with a subject in which you have skills.
82. Offer to share your umbrella on a rainy day.
83. Tell your staff/employees how important they are to your business.
84. Give your family or friends a kindness certificate that they can redeem for a favour later.
85. Donate or give your season's theatre/sports tickets to someone when you aren't going to use them.
86. Share/email your photos from events with others who attended but didn't get any pictures.
87. Send a letter of thanks to someone who has made a difference in your life.
88. Thank a Garda/fireman and stop to consider what would happen to our community without them.
89. Fold and/or put laundry away for your spouse/child/roommate.
90. Take flowers or treats to someone in a nursing home who doesn't get many visitors.
91. Buy an extra soft drink or coffee and hand it to someone you don't know;
92. Pay for a stranger's petrol, groceries, coffee or fast food order.
93. Mend a relationship or reconnect with an old friend;
94. Tell your friends why you appreciate them.
95. Give your friend a small, thoughtful gift.
96. Treat your friend to lunch or coffee.
97. Give your friends a hug.
98. Surprise your partner, parents, room mates with breakfast in bed.
99. Help with chores around the house.
100. Give your family members hugs.
101. Tell your family you love them.



'MAD Sunday 2018'

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