

# Wellbeing Wednesday – Sociology <sup>10th</sup> February 2021

## Acts of kindness

In sociology we often consider inequalities in society

What could you do to make a difference?

- Write a letter to a friend – or even a stranger
- Bake a cake
- Make dinner for your family
- Decorate your window or garden to bring a smile to those walking past
- Take a younger sibling for a walk or read them a book



Take a break from the screen!

Choose one of the above, or an act of kindness you have thought of yourself.

