

## Caring Acts and Kindness (CAKE) Ideas

Here are some ideas, new and old, for random acts of kindness in our novel “safe distance” world:

- Call or text a friend you have not spoken to for a while
- Make a meal, cup of tea or coffee, or a cool beverage for someone you are living with
- Help with an extra chore while staying at home
- Send a positive message to someone in need
- Use video technology to talk to someone you usually see every day
- Send a cute picture to a friend
- Send an interesting, entertaining, or inspirational article to a friend
- Share stories of random acts of kindness to inspire and uplift others
- Tell someone you love what you love about them by text message
- Schedule to watch a favorite show or movie with someone in person or through video technology