



31 acts of kindness

for supporting someone with breast cancer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Tips from the online network

			1 Call them and ask how they're doing	2 Cook a meal for them	3  Throw a party for them	4 Gift them a beautiful scarf
5 Offer to take the kids to school or pick them up	6 Bring them flowers 	7 Offer to drive them somewhere	8  Take their dog for a walk	9 Make a smoothie for them	10 Hold a fundraiser for them to help cover their medical costs	11 Take their children on a fun outing
12 Stay for a chat	13 Give them a low-maintenance plant	14 Pay them a visit	15 Offer to attend a medical appointment with them	16 Pay for a housecleaner	17 Hold a BCNA fundraiser in their honour	18 Mow their lawn 
19 Take them somewhere fun	20 Create a photo album of your favourite pictures together	21 Go for a walk together	22  Take them out for coffee and conversation	23 Buy them a gift related to a hobby they love	24 Send them an SMS or private message to let them know you're thinking of them	25 Call them and say hello
26 Shave your head in solidarity	27 Bring them tea and scones or biscuits	28 Send them an email	29 Give them a pampering gift such a massage or body lotion	30 Take them to the cinema 	31 Post a nice message on their Facebook profile	