

Let's joyfully participate in these **80 Acts of Love:**

A. In Your Estate or Neighbourhood

1. BLESSING NEIGHBOURS & RESIDENTS

1. Bake or cook something and share it with a neighbour.
2. Write encouragement cards for neighbours.
3. Offer to help elderly neighbours carry groceries.
4. Distribute fresh fruits or bread to residents.
5. Send flowers or a small plant to brighten someone's day.
6. Help a neighbour fix something at home.
7. Babysit for a neighbour who needs a break.
8. Organise a "tea corner" in the void deck for chats.
9. Distribute umbrellas on rainy days.
10. Start a WhatsApp group for block neighbours for mutual care.

2. BLESSING THE CUSTODIANS OF YOUR ESTATE

11. Bless estate cleaners with a breakfast (or two!).
12. Bless estate cleaners with supermarket vouchers.
13. Write thank-you notes for security guards.
14. Bless landscapers and gardeners with cooling drinks.
15. Bless refuse collectors with drinks or snacks.
16. Celebrate cleaners' birthdays.
17. Offer to pray for estate workers.
18. Present small care packs (wet wipes, snacks, masks) to estate staff.
19. Distribute festive goodies during CNY, Hari Raya, Deepavali, Christmas.
20. Share a personal appreciation message on your estate's notice board.

3. ESTATE-WIDE ACTS OF KINDNESS

21. Organise a "free book corner" at the void deck.
22. Host a free bicycle repair session.
23. Start a free plant/seed exchange table.
24. Organise a void deck board game session.
25. Run a "blessing table" with free items open for all.
26. Provide free tuition or homework help for kids.
27. Collect pre-loved clothing for needy families.
28. Set up a food donation point for the hungry.
29. Arrange a blood donation drive with The Singapore Red Cross Society.
30. Organise a festive community meal at the void deck.

B. In Your Workplace

4. BLESSING COLLEAGUES

31. Bless your team with coffee or breakfast.
32. Write appreciation notes to co-workers.
33. Offer to cover a colleague's task so they can rest.
34. Keep snacks in your drawer to share.
35. Share uplifting Bible verses discreetly with colleagues who are open.
36. Celebrate co-workers' birthdays.
37. Buy flowers for someone going through a hard time.
38. Organise a team lunch to foster connection.
39. Leave anonymous "you're appreciated" notes on desks.
40. Lend a listening ear when someone is stressed.

5. BLESSING SUPPORT STAFF IN YOUR WORKPLACE

41. Treat the office cleaners to lunch.
42. Give a care pack to the security guard.
43. Bless delivery riders with drinks or snacks.
44. Leave snacks at the reception desk for visitors and staff.
45. Bless the pantry restocker with a handwritten thank-you.
46. Sponsor a Grab voucher for the mailroom staff.
47. Offer a cold drink to the building maintenance workers.
48. Surprise the canteen/kopitiam workers with desserts.
49. Bring small gifts during festive seasons.
50. Take a group photo with support staff to honour them publicly.



C. Acts Anyone Can Do Anytime

6. KINDNESS THROUGH GIVING

51. Donate groceries to a food bank.
52. Sponsor a needy child's school supplies.
53. Give an extra tip to delivery riders or hawkers.
54. Pay for the meal of someone behind you in the queue.
55. Donate blood regularly.
56. Sponsor transport for someone to attend medical appointments.
57. Contribute to disaster relief appeals.
58. Support a missionary financially.
59. Buy from social enterprises to bless both workers and beneficiaries.
60. Send a care package to a friend in crisis.

7. KINDNESS THROUGH SERVICE

61. Volunteer at a home for seniors.
62. Offer free photography for a family who cannot afford it.
63. Provide pro-bono skills (e.g. accounting, design, tutoring).
64. Help someone write a résumé or prepare for an interview.
65. Give free guitar or art lessons to kids.
66. Offer to help new immigrants with language practice.
67. Walk a neighbour's dog if they are sick or busy.
68. Organise a beach or park clean-up.
69. Visit someone in hospital.
70. Run errands for a homebound person.

8. KINDNESS THROUGH ENCOURAGEMENT & PRAYER

71. Call someone you have not spoken to in a while.
72. Send an encouraging Bible verse to a friend.
73. Pray with someone who is going through a trial.
74. Post a public thank-you to someone on social media.
75. Have a meal with a lonely friend.
76. Write a testimony of God's goodness and share it.
77. Offer to pray for your private hire driver if they are open.
78. Share Christian music with someone who might appreciate it.
79. Invite colleagues or neighbours to Alpha or church.
80. Start a small lunchtime prayer group at work.