



Mandela 8

Mandela Day Acts of Kindness

Mandela Day
AOK

Mandela Day Acts of Kindness

Make a difference on Mandela Day.

There are no rules, just look at the list for inspiration.

It is hugely respectful that on the anniversary of **Nelson Mandela's** birthday, his legacy for helping others continues through you and your generosity to volunteer to do something positive for others.

Further resources to help you to promote your activities can be found on the **Mandela Day Acts of Kindness** page at Mandela8 and the Nelson Mandela Day website.

“There can be no greater gift
than that of giving ones time to help others
without expecting anything in return”

Nelson Mandela

Being healthy and maintaining mental wellbeing

- Do a sponsored walk or run and donate the funds to a good cause
- Stop smoking for a day and donate the money you would have spent on cigarettes or tobacco to a local group or organisation that works with children and young people organisation
- Organise or run a fitness class or open your gym for **Mandela Day Acts of Kindness** for a free class fitness for beginners
- Organise a healthy eating event or healthy lunch at work
- Help someone vulnerable to go out to visit the park or somewhere of their choice
- Encourage walking within your workplace, instead of using the car
- Walk and Talk – plan a **Mandela Day Acts of Kindness** walk for staff, community members or with friends
- Support a group to visit Princes Park to hear about the memorial and see the site where it will be built
- Organise a get together with your family and friends in Princes Park or your local park
- Arrange a group walk and talk, taking in key sights and buildings along the way
- Organise or attend a meditation, Tai Chi, or Yoga session in Princes Park or your local park or perhaps online
- Learn about South African food and organise a Mandela Day picnic with family and friends

Education for all ages

- Do a local history project or a Mandela Day arts project in school and learn more about Nelson Mandela
- Broaden your cultural awareness by listening to some South African music
- Take part in a Mandela themed creative writing or poetry workshop
- Arrange and teach an adult literacy class
- Learn the story of someone older than you. Too often people forget that the elderly have a wealth of experience and wisdom and, more often than not, an interesting story to tell.
- Donate your old educational books or educational toys to a school or community group library
- Mentor someone. Make time to listen to what the young people have to say and give them good advice
- Letters to Madiba – write a letter to Nelson Mandela telling him of your hopes, wishes and dreams for the future
- Learn some new words and their meaning or something new and share with others
- Teach someone something new about a topic they don't know anything about
- Encourage others to get involved in the **Mandela Day Acts of Kindness**
- A Mandela Presentation – learn more about Nelson Mandela and his values and a bit about the work of Mandela8, then present your research to your family, friends or peers
- Poster Competition – design an inspirational poster in your local schools or youth groups
- **'Long Walk To Freedom'** – purchase an adult or children's version of Nelson Mandela's book and gift it to a colleague, friend or neighbour

- Quote for Mandela – post a quote from Nelson Mandela on social media or another leader that has inspired you and don't forget to tag Mandela8 #**Mandela Day AoK**

Engaging Young People

- Take part in your schools Mandela Day Assembly
- Green the outdoor area of your local youth centre or maintain and decorate a the youth centre garden
- Arrange a local history project or Nelson Mandela history project and find out from family and other elders what they know about your local area or Nelson Mandela
- Organise a litter pick in your local community where your youth centre is
- Produce an arts project i.e. a chronology of Nelson Mandela's life; designing and painting a flag; develop a **Mandela Day Acts of Kindness** heroes project; chalk quotes
- Youth workers targeted support 1–1 work with young people focusing on volunteer activity of their choice
- Sponsor/donate a sports kit for a local children's football, rounders, basketball or netball team
- Obtain your Scouts/Girl Guides badge by completing Mandela8 **Mandela Day Acts of Kindness** activities
- Create a visual exhibition of local artwork produced for Mandela Day
- Chalk a Design or Quote – chalk colourful floral designs or patterns, or write an inspirational Mandela quote in a park or on a pavement in your community
- Sponsor a group of young people to go on a trip relating to a new experience when venues re-open i.e. theatre, ballet, exhibition

Community Spirit and Being Neighbourly

- Make a new friend from a different cultural background
Only through mutual understanding can we rid our communities of intolerance and xenophobia
- Get your local councillors to support and organise a community activity to make an improvement in your local area
- Support your local library to organize a reading event/readers group to celebrate the day
- Volunteer or donate your skills at a local community voluntary or faith based group, asylum and refugee support centre or homeless shelter
- Have a clear out and donate your children's old toys to a local women's refuge or nursery
- Clean, tidy up or paint a community building or resource
- Support your local foodbank by donating a food parcel or volunteering
- Have a clear out and donate good clothing items/shoes, blankets, household items to your nearest asylum and refugee support centre or homeless shelter
- Cake and Coffee Morning – arrange an event in your workplace or community to celebrate diversity through talking and learning about Nelson Mandela
- Raffles & Quizzes for Charity – arrange a raffle or online quiz to raise funds for a charity of your choice
- Digital Aid – help an elderly friend or relative learn how to use Zoom
- Get to know your neighbour; write them a letter, exchange contact details, offer to help them with jobs that they might need help with
- Run a cake sale, arts and crafts sale, a community fete or have a quiz and donate and funds raised to a local charity or community group

Celebrating and Supporting Our Elders

- Do an elderly neighbour's shopping or help them with something in their home
- Volunteer in your local sheltered scheme for the elderly, facilitate an activity
- Cook your elderly or vulnerable neighbour a meal
- Volunteer to read to someone or keep them company
- Take your elderly neighbour's dog for a walk
- Arrange a Mandela Day arts and crafts workshop
- Do a random act of kindness for an elderly person – offer to do their shopping or odd jobs they may struggle with

Environment

- Plant a tree in memory of a great leader like Nelson Mandela
- Support a community gardening project to encourage healthy eating in your community
- Arrange a community skip scheme with your local councilors and community members
- Grow tomatoes or any other vegetables at home and gift them to friends, family or neighbours
- Learn about Nelson Mandela's Gardens in prison and the types of plants he grew
- Support your clean and green campaign, like the Love Lodge Lane campaign in Liverpool, raise awareness of the importance recycling and litter picking
- Plant a bee garden and create an oasis for bees and other pollinators like butterflies



Mandela 8
Delivering Dreams in Communities

“What good deed are you going to do today for someone that will make their life better”

Dr Makaziwe Mandela

Mandela Week
17th to 23rd July 2023
Mandela Day
Tuesday 18th July 2023

For ideas of how to get involved go to
mandela8.org.uk

[#MandelaDayAoK](https://twitter.com/MandelaDayAoK)

