

VINCENTIAN 'GOOD WORK' OF THE WEEK

At each Student Conference meeting, someone picks a Vincentian 'Good Work' of the week card, and the group commits to completing the 'Good Work' listed before the next meeting. Students share their progress and reflect on how small acts of kindness can such make a difference!

Mini Vinnies 



St Vincent de Paul Society
NSW
good works

Don't forget to tag Vinnies NSW social media pages to share your wonderful success stories!

 www.facebook.com/NSWVinniesYouth

 www.instagram.com/vinniesyouthnsw

Good Work #1

Smile at someone you don't know at school or out in the community.

Good Work #2

Pick some flowers from your garden, wrap a ribbon around it and leave it with a Mini Vinnies feel-good note for someone who deserves it (you could even leave it somewhere public like a library or a café to brighten the day of whoever finds it).

Good Work #3

Let someone go in front of you when waiting in line (at the canteen, waiting to leave the classroom etc), or hold the door open for someone behind you.

Good Work #4

Leave a note for your postman to thank him for doing a great job.

Good Work #5

Write a letter of well wishes and send to the local nursing home, or even better, see if you can visit and sing a “golden oldie” song or read them a book, they will LOVE that!

Good Work #6

Volunteer to do an odd job for your neighbour or a member of your extended family, like walking their dog, washing their car, or pulling weeds out in the garden.

Good Work #7

Give an honest compliment to someone- it will brighten their day.

Good Work #8

Keep an eye out for someone who needs cheering up, and offer them some kindness.

Good Work #9

Collect your old toys that you don't play with any more, and pop them in your local Vinnies store.

Good Work #10

Do a chore for someone without them knowing, such as picking up rubbish on the playground when no one is looking, or bringing in the washing when your parents are busy.

Good Work #11

Next time you see an item out of place (a misplaced book, a shopping trolley out of the bay etc.), place it back where it is meant to go.

Good Work #12

Offer to run a story time for younger students during lunch time.

Good Work #13

Make a point to really thank a service member (someone working at a shop, fast food place etc), compliment them on doing a good job!

Good Work #14

Share a special toy or game with a friend.

Good Work #15

Teach someone something new (like teaching a prep student to tie their shoes, or teaching your grandparents how to use a feature on their phone).

Good Work #16

Donate your old books to a Vinnies store or your school library.

Good Work #17

Make a thank you card for the lovely staff who work in the school office.

Good Work #18

Make playdough and give out as gifts to younger students to play with at lunchtime.

Good Work #19

Clean up after someone else just to be nice.

Good Work #20

Visit or call an older person that you know (grandparents, older neighbours or family friends), and ask them to tell you a story about their childhood. Make sure to show you are listening and ask lots of questions.

Good Work #21

Focus on being a positive role model - try and influence and encourage positive behaviour and actions in others.

Good Work #22

Sort out your old school uniforms that don't fit any more and donate them to the school.

Good Work #23

Organise a game for children from one of the younger classes.

Good Work #24

Ask your teacher if you can make bird feeders or an insect home for the playground.

Good Work #25

Paint rocks with pretty pictures or positive sayings and hide them in your school or neighbourhood for other children to find.

Good Work #26

Set up a lemonade stand in the afternoon during pick-up time, sell lemonade and donate proceeds to your local Vinnies conference (with teachers' permission).

Good Work #27

Clean up your local park or school playground (make sure to use gloves).

Good Work #28

Donate old blankets to a pet shelter.

Good Work #29

Let someone else pick what to watch on tv.

Good Work #30

Every night before you go to bed, think of three things you're grateful for.

Good Work #31

Learn how to say hello in 10 different languages.

Good Work #32

Pick a messy cupboard at home or at school and volunteer to organise and tidy it.

Good Work #33

Put together hygiene packs to donate to Vinnies - toothpaste, shampoo and deodorant can be put in a small Ziploc bag along with a toothbrush, comb, Band-Aids, etc.

Good Work #34

Make a cup of tea or a hot chocolate for someone in your family.

Good Work #35

Bring in a tin of food from home (or buy an extra can on your next grocery trip), and send to your nearest Vinnies Van or Conference.

Good Work #36

Think about someone who is always doing things for you, show your appreciation by giving them a hand-written thank-you note.

Good Work #37

Keep an eye out for someone who is struggling (struggling with school work, a tricky task, a heavy bag etc.) and offer to help.

Good Work #38

Learn how to introduce yourself in sign language.

Good Work #39

Be a study buddy— or help a younger kid with homework.

Good Work #40

Contact your local Vinnies Conference to ask if there is anything your Mini Vinnies group can contribute.

Good Work #41

Ask a loved one about their day.

Good Work #42

Think of something you do well, and use your talent to benefit others – for example, to entertain younger students or make a gift for someone.

Good Work #43

Decide on one thing you would like to work on to become a better person.

Good Work #44

Find a piece of winter clothing that you haven't worn all season, and donate it to your local Vinnies store.

Good Work #45

Write a giving list instead of a wish list.

Good Work #46

Be environmentally conscious – use both sides of the paper before throwing it away, make sure to recycle, and turn lights off when you leave the room.

Good Work #47

Spend the week going out of your way to be kind to others.

Good Work #48

Ask your parent/guardian to facetime a grandparent or relative to say a big friendly hello!

Good Work #49

Help put away the groceries this week.

Good Work #50

Research and learn the Indigenous name of the land your school is on, and pay your respects with an acknowledgement of country.

Good Work #51

Spend the week going out of your way to be kind to yourself.

Good Work #52

Smile at everyone today, it's contagious!