

A CUP OF LOVE



GET INVOLVED



10 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

Help to show a little bit of love to someone in your house by making them a hot drink when they least expect it.

We are all spending a lot more time with our family at the moment than we normally would do - which can bring lots of happy memories, but maybe a few small arguments too. Help show some love to a family member by making them a hot drink without them asking, as a random act of kindness. This might be a tea, coffee or hot chocolate. Make it just how they like it.

This activity might be perfect for when you know one of your family members is feeling a little sad, had a long day or needs a boost.

Share a picture of your 'cup of love' with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Mug
- Tea / Coffee / Hot Chocolate
- Hot Water
- Milk / Sugar



NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.