

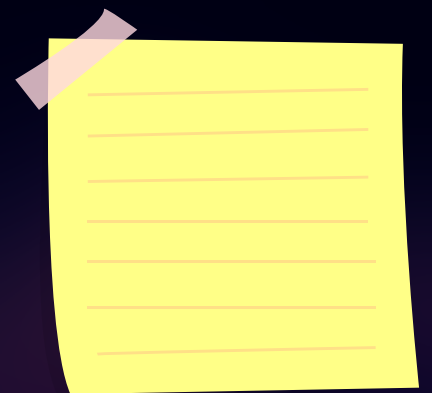


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RANDOM ACTS OF KINDNESS

WRITE A NOTE

Hide a note for someone you love. Maybe write an uplifting message on a napkin for your waiter to discover... little things can mean such a lot



CLEAN UP

Tidy your room, tidy someone else's room! Clean the office or the classroom. Pick up some litter from the street and take some pride in your environment

BAKE A CAKE

Surprise a neighbor or a member of your family with a sweet treat that's good to eat. Check for allergies first and make sure to wash your hands!



REACH OUT

Make a call to someone that you have not spoken to for a long time. Connect with them, ask them how they are and try to do more listening than talking

BUY A COFFEE

Buy a coffee for someone else. Maybe for a friend or maybe for the person who is next to you in the queue... maybe for a person sitting in a doorway

