



## RANDOM ACTS OF *kindness*

- Send a handwritten card**
- Give someone you love a little elbow bump**
- Call a friend you haven't spoken to in a while**
- Ask someone if they're ok**
- Smile at someone – just because**
- Lend a helping hand**
- Give someone a compliment**
- Give yourself a compliment – and mean it!**
- Hold the door open for someone**
- Give your seat to a stranger**
- Volunteer at a charity**
- Donate to those in need**
- Send someone a kind text message**
- Do the chores no one else likes to do**
- Be nice to someone new**