

RANDOM ACTS OF KINDNESS

BAKE A TREAT
FOR YOUR
FAMILY



TRY A FEW
YOGA MOVES



GIVE
SOMEONE A
SMILE



MAKE A POSITIVE
MESSAGE ROCK AND
LEAVE IT AROUND
YOUR
NEIGHBOURHOOD



SAY
THANK
YOU TO
SOMEONE



HELP
COMPLETE A
JOB AROUND
THE HOUSE

CREATE A LIST
OF THINGS YOU
ARE GRATEFUL
FOR



MAKE
SOMETHING
USING RECYCLED
MATERIALS

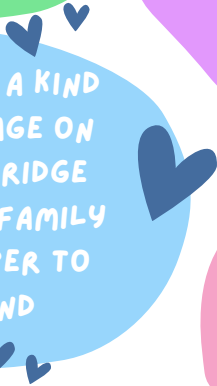


CHECK IN WITH
A FRIEND AND
ASK HOW
THEIR DAY IS
GOING

COMPLIMENT
A NEW FRIEND



LEAVE A KIND
MESSAGE ON
THE FRIDGE
FOR A FAMILY
MEMBER TO
FIND



INVITE
SOMEONE TO
PLAY WITH
YOU



FIND OUT MORE
ABOUT THE
FIRST NATIONS
LAND YOU LIVE
ON



CREATE AN BUG
HOME OR BIRD
FEEDER



PICK UP A
COUPLE OF
PIECES OF
RUBBISH



LEARN ABOUT A
LOCAL CHARITY
YOU CAN
SUPPORT



DRAW A
PICTURE OR
MAKE A CARD
FOR SOMEONE

PICK SOMEONE
DIFFERENT TO
PARTNER UP
WITH FOR AN
ACTIVITY

BE KIND TO THE
ENVIRONMENT
PLANT A TREE,
FLOWERS OR
GROW A HERB
GARDEN



LEAVE
HAPPY
NOTES FOR
YOUR
FRIENDS

