

# SMALL ACTS OF KINDNESS



SHARE A SMILE



GIVE A BEAR HUG BUY SOMEONE A DRINK



SAY HELLO



GIVE A HELPING HAND



SAY THANK YOU



SHOW YOU CARE



ASK "ARE YOU OK?"



PRaise GOOD IDEAS



PLANT A FLOWER



HOLD A DOOR OPEN



GIVE A POSITIVE NOTE



CELEBRATE LIFE!



MAKE SOMEONE LAUGH



OFFER A BISCUIT



SHARE SWEETNESS



SPREAD POSITIVITY



GIVE THEM YOUR TIME



WELCOME!



INSPIRE OTHERS



LISTEN TO THEM



PROMOTE FUN!



MOTIVATE OTHERS



FOCUS ON THE GOOD



ASK: HOW ARE YOU?



SPREAD JOY



LEARN FROM OTHERS



GET TO KNOW PEOPLE