

Encouraging our community to carry out one random act of kindness a day.



# Be Kind

*Smile to a stranger*

*Give your seat up on the bus*



*Leave letters of encouragement on cars*

*Visit an old friend or relative  
you haven't seen for a while*

*Make a card for someone*

*Encourage someone*

*Hold the door open for someone*



*Pause to reflect before reacting  
to a stressful situation*

*Pick up litter*



*Say thank you to someone  
who has made a difference*

*Compliment someone*

*Be kind to yourself!*

