act belong commit

Random Acts of Kindness

Being kind or helping someone can:

- reduce your stress levels
- boost your mood
- increase your life satisfaction
- encourage others to do the same
- create a positive community atmosphere
- brighten someone's day

actbelongcommit.org.au

grab the card | do a random act of kindness
pass the card on | share your kind story

Visit an animal shelter	Pay for someone's parking ticket
Visit someone who may be lonely	Put someone's trolley back for them
Offer to run errands for a friend	Leave a kind note for someone
Pick up rubbish	Donate things you don't need
Pay for someone's coffee	Be polite to other road-users

#actbelongcommit   **@actbelongcommit**   **#getinvolved**