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

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

#actbelongcommit  @actbelongcommit  #getinvolved