

IDEAS FOR SPREADING KINDNESS

Open the door
for someone



Help at the food bank



Give someone a flower



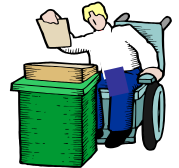
Give a decoration to
someone



Introduce yourself and
shake hands



Pick up litter in your
community



Donate toys or clothes



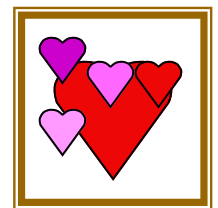
Plant flowers for
your neighbor



Be kind to an animal



Give a piece of
your art to someone



Plant flowers in your
community



Take a magazine to
someone



Bake cookies and
give them away



Call Bingo at a
nursing home

