

Acts of Kindness

Kindness is free, pass it on.

Being kind or helping someone can:

- brighten someone's day
- boost your mood
- reduce your stress levels



Do an act of kindness

- Smile at someone
- Visit someone who may be lonely
- Pick up rubbish
- Pay for someone's coffee
- Volunteer your time
- Thank the bus driver
- Leave a kind note for someone
- Plant a tree
- Be nice to the person who serves you
- Show some kindness to yourself!

#communitykindness @cityofarmadale

