7 WAYS to be kind to others daily

1. Surprise someone with a message of gratitude
2. Pay it forward when you are buying a coffee
3. Let someone go in front of you in a queue
4. Smile at someone, it might just make their day
5. Lend a hand in the community
6. Take the time to listen to others
7. Hold the door open for someone

Kindness Week
25-29 October 2021

#HUMANKIND