

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

