

Offer thanks   Lend a hand   Say "hello"   Share a laugh

Give a donation   Plant a tree   Offer a ride

Give an unexpected gift   Open a door   Smile



# Make Kindness Contagious

Give a compliment   Be patient   Do a favor for a friend

ENCOURAGE A FRIEND   Be Gentle   Show love

Celebrate Life



Pick up trash

Make a friend   Make time

Tell a story

Tell a joke   Share a meal

Be respectful   Do a kind act daily