



## **Random Acts of Kindness**

Being kind or helping someone can:

- reduce your stress levels
- boost your mood
- increase your life satisfaction
- encourage others to do the same
- create a positive community atmosphere
- brighten someone's day

**grab the card | do a random act of kindness**  
**pass the card on | share your kind story**

Visit an animal shelter

Visit someone who may be lonely

Offer to run errands for a friend

Pick up rubbish

Pay for someone's coffee

Pay for someone's parking ticket

Put someone's trolley back for them

Leave a kind note for someone

Donate things you don't need

Be polite to other road-users



**#actbelongcommit**

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**#getinvolved**