** Kindness**

**Random Act of Kindness Day**

*Smile at someone Walk a dog* ***Forgive Mistakes***

***Listen to your heart*** *Let another go first*

*Pick up litter Open a door Help carry a load*

*Leave a thank you note Give a compliment*

*Share your pen* ***Celebrate something good***

***Do a favor*** *Bake cookies to share* ***Lend a hand***

***Donate gently used items*** *Encourage a friend*

***Plant a tree*** ***Open a door*** *Offer your seat*

*Cheer up a friend Use a reusable water Bottle*

*Make a new friend* ***Say ‘Hello’*** *Be tolerant*

*Return a shopping cart for someone*

***Give a compliment*** *Thank a teacher* ***Read to a child***

*Share a snack Offer your seat Visit a sick friend*

**1 November 2019**

***Sussex Area Community Foundation*** [***www.sacfi.org***](http://www.sacfi.org)

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