

Sprinklings of Kindness

Did you know?

Random acts of kindness have been proven to reduce stress and boost happiness!

Here's how to sprinkle kindness in your life or someone else's:

1. Print this page out. You can also print out a few copies and give to family, friends/co-workers!
 2. Complete a line vertically, horizontally, or diagonally - you choose.
 3. FINISHED? Good work, you have just made a difference!
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*Pay for
someone else's
parking*

*Help someone
who is busy.
Ask: "How
can I support
you today?"*

*Recall 3 acts of
kindness you
received in the last
month from others
– and make doaa
for them*

*Greet and
thank your
neighborhood
grocery
cashier*

*Take the
afternoon off
& enjoy time
with yourself!*

*Hold the door
open, make eye
contact & smile
at the person
behind you*

*Take a friend
out to lunch
& pay for
them!*

*Make a donation
to a charity with
meaning for you*

*Don't blame or
complain about
anything or
anyone - all day!*

*Pick up
garbage you
see around
you*

*Give someone
a thoughtful
compliment*

*Buy the next
person in line
their coffee!*

*Give someone
flowers or a
nice plant*

*Send someone
a handwritten
note, thanking
them for being
in your life*

*Help a
neighbour*

*Clean up after
someone else
- just because*