

DIRECTIONS:

- 1. Print front side of card.
- 2. Put paper back in printer.
- 3. Print back side of card.
- 4. Cut out cards.
- 5. Spread some kindness.



spreadkindness.org

You've just experienced a random

act of Kindness!

Now it's your turn to do the same. Do something kind for someone else and pass this card along to them!



share a smile • be kind • pass it on



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Be kind today! Here are some ways:

- * Leave an anonymous thank you note for a teacher, friend, or co-worker
- * Pay for someone behind you at the drive-thru, coffee shop, or toll booth
- * Tip well and write a compliment to the server on your restaurant bill
- * Write a kind thought on a post-it note and put it in a public place
- * Bring a treat to school or work to share with friends/co-workers
 * Leave a book you've finished where someone else can have it
- * Drop off flowers and a kind note at a friend or neighbor's house
- * Visit someone at a nursing home who doesn't get many visitors
- * Send a card to someone in the military overseas
- * Buy a meal or beverage for a homeless person

For more ideas visit: www.SpreadKindness.org

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