

RANDOM ACTS OF KINDNESS

BAKE SOMETHING
TO BRING TO
WORK



BE KIND TO
YOURSELF!



GIVE AN
UNEXPECTED
GIFT



SEND A POSITIVE
MESSAGE TO
SOMEONE YOU
CARE ABOUT



SUPPORT
LOCALLY OWNED
BUSINESSES



INVITE
SOMEONE TO
DINNER



LEARN MORE
ABOUT THE FIRST
NATIONS LANDS
YOU LIVE, WORK
AND PLAY ON

DONATE
BLOOD



CHECK IN WITH
SOMEONE AND
PRACTICE
ACTIVE
LISTENING

COMPLIMENT
A STRANGER



COMPLETE A
TASK TO HELP
SOMEONE

LOAN A BOOK
TO SOMEONE
THAT YOU
ENJOY READING

VOLUNTEER
FOR A LOCAL
CHARITY OR
COMMUNITY
GROUP



WRITE A NOTE /
EMAIL TO SOMEONE
WHO HAS MADE A
DIFFERENCE TO YOU



REDUCE
YOUR
WASTE



EXPLORE MORE
OF THE NATIVE
PLANTS FOUND
IN YOUR LOCAL
AREA

INVITE A FRIEND
TO TAKE UP A
NEW HOBBY OR
LEARN A NEW
SKILL WITH YOU

CREATE A
HANDMADE CARD
FOR SOMEONE

BE KIND TO THE
ENVIRONMENT
PLANT A NATIVE
TREE OR
FLOWERS



BUY
SOMEONE A
CUP COFFEE
OR A HOT
CHOCOLATE