

KIND JULY

Acts of Kindness

In Communities

**STAY
KIND**

staykind.org

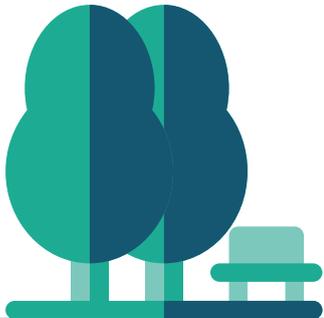
HUMAN * KIND BE BOTH

We're making July a month full of kindness.

If each one of us, did just one act of kindness every day, that would equate to **9.1 Billion** acts of kindness a year (based on a population of 25 Million Australians). In Kind July that would be **775 Million** acts of kindness. The possibilities are endless – together what a great country we can be.



Join our movement! Make a kindness pledge on our staykind.org website



To get you started we have 31 acts of kindness that you can do for July or why not start your own!

TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.

Leo Buscaglia, 1924 - 1998

SMILE AND SAY 'HELLO'

WHEN PAYING FOR YOURSELF, OFFER TO PAY FOR SOMEONE ELSE TOO

SHARE COMMUNITY AND CHARITY MESSAGES WITH FRIENDS ON YOUR SOCIAL MEDIA

WHEN YOU'RE ON A BUSY TRAIN OR BUS, DOES SOMEONE NEED A SEAT MORE THAN YOU?

TAKE A NEIGHBOUR'S BIN OUT (AND IN)

HELP A PERSON WITH THEIR BAGS OR SHOPPING

SAY 'PLEASE' AND 'THANK YOU'

WASH SOMEONE'S CAR OR GIVE THEM A CAR WASH VOUCHER

HELP AN ELDERLY PERSON AT A PETROL STATION - WITH FUEL OR PUTTING AIR IN THEIR TYRES

DONATE OLD TOWELS/BLANKETS TO AN ANIMAL SHELTER

HELP TOURISTS AND LOCALS ALIKE WITH DIRECTIONS IF THEY LOOK A LITTLE LOST AND SAY 'HI!'

PAY IT FORWARD TO HELP A PERSON IN NEED

HELP A FRIEND WHO HAS A LOT GOING ON

VOLUNTEER FOR A CAUSE THAT YOU CARE ABOUT

INVITE A FRIEND TO A MOVIE OR THE THEATRE

INVOLVE YOUR FRIENDS, COMMUNITY OR FAMILY IN YOUR ACT OF KINDNESS

MAKE A WORTHWHILE DONATION

BUY A STRANGER A CUP OF COFFEE

HANDWRITE A 'THANK YOU' NOTE - IT MEANS THE WORLD

OFFER TO TAKE A FAMILY/GROUP PHOTO FOR SOMEONE ELSE

OFFER TO BABYSIT FOR SOMEONE WHO NEEDS A BREAK

LEAVE ONLY KIND COMMENTS ON SOCIAL MEDIA

GIFT A 'CARE PACK' FOR SOMEONE WHO IS HOMELESS

SIGN UP TO BECOME AN ORGAN DONOR

GIVE SOMEONE A COMPLIMENT

DOES AN ELDERLY NEIGHBOUR OR VULNERABLE PERSON IN YOUR COMMUNITY NEED HELP?

SAY THANK YOU TO SOMEONE WHO SERVES THE COMMUNITY. AMBOS, POLICE, TEACHERS, NURSES AND VOLUNTEERS

COOK A MEAL FOR A NEIGHBOUR

LET SOMEONE GO BEFORE YOU IN TRAFFIC, QUEUES, TEAMS, SUPERMARKETS.

INTRODUCE YOUR CHILDREN AT AN EARLY AGE TO COMMUNITY WORK SO THEY ADOPT THE SPIRIT OF GIVING BACK.

MAKE TIME FOR A PHONE CONVERSATION WITH A FRIEND OR FAMILY



If you would like more information
or are interested in embedding
Stay Kind into your organisation
our contact details are below.



staykind.org

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