

WORLD KINDNESS DAY

13th November 2019

Acts of Kindness

In Communities

**STAY
KIND**

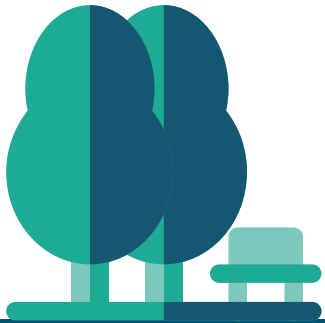
staykind.org

HUMAN * KIND BE BOTH

World Kindness Day reminds us every November of what great opportunities we have to make a difference to someone's life. 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), that's **25 million** acts for World Kindness Day. 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, 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

#STAYKINDMOVEMENT

staykind.org

**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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