

world kindness day

November 13

acts of kindness

in your community

**STAY
KIND**
staykind.org

human* kind be both

do something kind this World Kindness Day
#dosomethingkind

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.



It feels good to do good. Share and inspire #dosomethingkind kindness is contagious!

Find out more on how you can get involved on our staykind.org website



**To get you started we have 31 acts of kindness
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 you 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 to find out more information on Stay Kind
or are interested in embedding Stay Kind into your organisation our contact details are below.



staykind.org

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