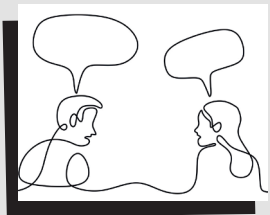
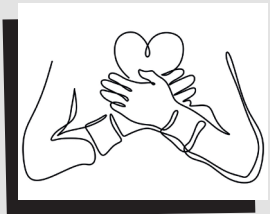
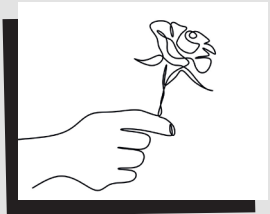
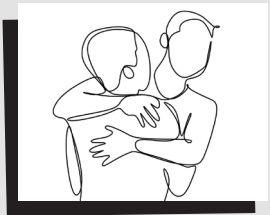
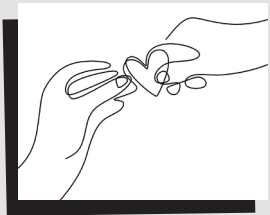


# BE A KINDNESS CHAMPION

WE CAN CHANGE OUR WORLD



## KIND ACTS



Swap places with someone else if you:

- Have smiled at someone today
- Have said thank you to someone today
- Have received kindness from someone today
- Have helped someone this week
- Have had help from someone this week
- Have used some kind words today
- Have been kind to yourself this week
- Have given someone a compliment this week
- Have encouraged someone today
- Have received encouragement from someone today

What other acts of kindness can you think of?

