

GO HAVE FUN BEING KIND

One line = one entry. Two lines or an X = 2 entries. 3 lines = 3 entries. Full card = 5 entries

Smile at 3 people you don't know	Be courteous and kind to a customer care representative.	Ask someone how their day has been and listen with intention.	Pay someone a compliment.	Write a letter to someone and mail it.
Take time to truly listen to a grand parent or elder reminisce about the 'good old days' on the phone, on face time or from a safe distance.	Help a friend, neighbour or community garden with weeding, watering or harvesting.	Dog/cat/house sit for free or help out with someone's pet care or home care for free.	Do a chore for someone else like their dish night, laundry folding, vacuum, clean bathroom, take garbage out or make their bed.	Pick up 3 pieces of trash at or near a beach and throw it away. Don't forget to wash your hands after!
Let someone cut in front of you in line.	Phone a friend just to say hello.	Give someone a list of things you love about them.	Plant something. Anything ☺	Support a local business. Any way you want.
Let someone know they made a difference in your life.	Return an abandoned grocery cart in the parking lot to the return cart stall.	Praise someone's work performance to their boss or in front of their co-workers.	Leave a book or a random nice note in a little library box for a stranger to find.	Make a happy face in the sand at the beach or use rocks or sticks, or pinecones in the forest.
Do something kind for yourself like go for a walk, read a book, swim, exercise, watch the sun set, drink water, do yoga or meditate.	Participate in something group related online.	Do something kind for a neighbour, family or friend like walk their dog, wash their car, mow their lawn, take out their garbage or recycling, tend their garden, cook a meal, pick up their groceries.	Pick up 3 pieces of trash in or near the forest and throw it away. Don't forget to wash your hands after!	Phone a family member just to say hello.

