

MAKE A DIFFERENCE

#MADSUNDAY

October Acts of Kindness

Put a kind note on social media

___ acts completed

2 Rake leaves for someone	3 Say thank you	4 Make a surprise for a neighbour	5 Support a small business	6 DONATE OLD CLOTHES
7 Donate to a food bank	8 Send a kind message to a friend or family member	9 Write a 'thank you note' to front line workers	10 LEAVE A KIND NOTE SOMEWHERE	11 Meet someone new
12 OFFER A COMPLIMENT	13 Thank the postman, Bin man or shop worker	14 Support a farmer	15 BUY SOMEONE GROCERIES	16 Give someone a care package
17 Say sorry to someone	18 Support a kid's sports team	19 make someone laugh	20 Give someone in need a coat	21 Pick garbage up
22 Send a 'Thinking of you' note to a nursing home	23 Wash someone's car	24 Give out loads of virtual hugs	 <p>Do one good thing this day to help another. A share it with us. Make a difference, be the difference & share the good news!</p>	26 Sing, Sing & Sing some more!!
27 Clean up your local Area	28 See if an elderly neighbour needs assistance	29 HELP SOMEONE AT THE STORE	30 BUY SOMEONE'S LUNCH	31 Donate to a pet shelter