



York's Spontaneous Acts of Kindness Day 13th August 2010

Here some thought to get you prepared :

- 1. Write to an old friend**
- 2. Make a donation to charity**
- 3. Give a bag of groceries to a homeless person**
- 4. Bring in your co-workers a treat**
- 5. Give a driver your parking spot**
- 6. Mow your neighbours grass**
- 7. Give a gift of your smile**
- 8. Give flowers to someone that inspires you**
- 9. Give friends & family kindness coupons to redeem**
- 10. Give toys to a shelter or safe house**

