

# 30 Days of LoveLeigh Kindness

#kindnessisasuperpower #loveleigh #followtheredballoon

- Give someone a call and let them hear your voice; you could be their lifeline
- Do something kind for yourself today – YOU matter!
- Say thank you to someone that you think is making a positive difference
- Encourage a child to share an act of kindness with someone and explain the benefits to them and to others
- Buy or make someone their favourite snack or drink and take some time to have a chat
- Give someone a hug today – hugging releases the feel-good hormones in the body!
- Share something that you love with someone else today
- Do something kind for nature; the world needs your kindness too
- Smile at a stranger – you may be their connection to the world...you may even save a life
- If you can, pay for someone's drink or snack and let them know about LoveLeigh and sharing kindness
- Send a small surprise gift or message to someone
- Do something kind for nature; the world needs your kindness too
- Text someone you haven't spoken to in a while
- Leave a small gift and/or a LoveLeigh card for a friend or stranger to find
- Use social media to share some kindness or a positive action using #kindnessisasuperpower #followtheredballoon #loveleigh
- An act of kindness isn't just for humans; do something kind for an animal or the environment
- Take a picture with a family member, friend or colleague and share your smiles with everyone on social media using #kindnessisasuperpower #followtheredballoon #loveleigh
- Donate to a charity or offer some of your time; it doesn't have to be expensive and your time can be free
- Close your eyes, take a deep breath and think of 2 things you are grateful for and then pass it on!
- Organise a surprise meeting / date / chat and brighten someone's day
- Take 5 minutes out of your day and think of something that makes you smile – be aware of how it makes you feel
- Leave a positive note or a LoveLeigh card somewhere for someone to find
- Let someone know that you love them; it may be something they need to hear today
- Share an act of kindness with a child and explain why kindness is so important – share their message with us at loveleigh.net
- Drop in on an elderly neighbour or friend to see if they need anything or want a chat
- Give someone a compliment; they may really need to hear something positive
- Use the LoveLeigh Acts of Kindness Cards with your friends and family and be kind together!
- Write a post-it note with a compliment or positive quote and stick it somewhere for someone to find
- Ask a friend, family member or colleague to go for a walk and a chat
- Take part in the 30 days of kindness or encourage others to do so; kindness is proven to help the mind and body
- Send someone a LoveLeigh card; your message may have a huge impact on them

