

30 days of kindness

Use the suggestions below or add in your own.

1 Say thank you	**2** Pick up some litter or trash in nature	**3** Donate things you don't use	**4** Plant something	**5** Volunteer
6 Do something nice for someone	**7** Make a gift for someone	**8** Give someone a hug	**9** Text a friend and thank them for being great	**10** Cook a meal for someone
11 Give up your seat for someone	**12** Bring flowers or a small gift to an elder/parent	**13** Make a list of your successes	**14** Write someone a nice note	**15** Complete a random act of kindness
16 Smile at a stranger	**17** Write a kind review	**18** Hold the door for someone	**19** Make someone laugh	**20** Donate old books to a library or school
21 Cook or bake something to share	**22** Volunteer to help your teacher	**23** Celebrate someone's achievements	**24** Forgive someone	**25** Give three compliments
26 Recommend a book or song to a friend	**27** Do someone's chores	**28** Write a kind note to a loved one	**29** Support a local business	**30** Tell someone you appreciate them

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit **clwsmh.com**.

Workplace Strategies for Mental Health

canada life™

Canada Life and design are trademarks of The Canada Life Assurance Company. 79-02528-10/24