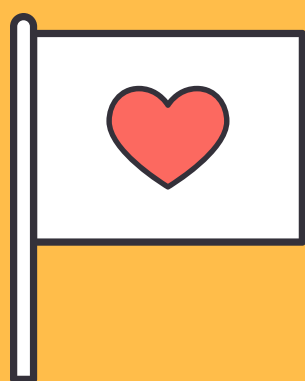


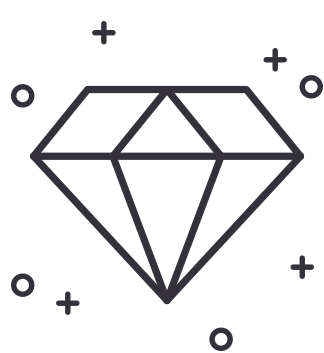
5 REASONS TO COMPLETE AN ACT OF KINDNESS



SHOW THE WORLD YOU CARE

The world can be a sad place sometimes, however the good news is we each have the power to change negative situations by sharing with the world positive actions.

What act of kindness might you share with the world today?



KINDNESS SHINES BRIGHTLY

Kindness shines brightly and causes the most beautiful ripples. When you do something lovely for someone they will in turn want to do something too for someone else. It will likely come right back around to where it started with you. Sounds wonderful right?



HELPS YOUR OWN HEALTH

Being kind produces loads of good hormones in to your body. This helps combat sadness and other mental health illness. Due to the positive hormones it produces, it is known to help with all elements of physical health too; namely heart health.



MOTIVATION AND IDEAS

Doing an act of kindness opens you up to new ideas and sometimes if you are lucky; speaking to new, interesting and lovely people. How lovely; seems like a win win so far.



HELPS EARN RESPECT

Helping people out is a way to make new friends, be respected by others and allows you to better understand other peoples lives in your community.