

ACTS OF KINDNESS

HOLD THE
DOOR OPEN
FOR SOMEONE

DO A CHORE
FOR SOMEONE
WITHOUT THEM
KNOWING

TELL A JOKE

FEED THE BIRDS

PICK UP LITTER

PUT A SMALL
BIN IN YOUR
CAR TO COLLECT
RECYCLING

WASH
SOMEONE'S
CAR

TELL SOMEONE WHY
THEY ARE SPECIAL
TO YOU

DONATE
OUTGROWN
CLOTHES

TALK TO
SOMEONE NEW
AT SCHOOL

BRING FLOWERS
TO SCHOOL

BURY
TREASURE IN
THE PARK

REUSE PAPER
WHEN YOU ARE
DRAWING

SET THE TABLE
FOR DINNER

PLANT
SOMETHING

LET SOMEONE
GO AHEAD OF
YOU IN LINE

TELL SOMEONE
WHY THEY ARE
SPECIAL TO YOU

TURN OFF
THE WATER
WHILE BRUSHING
YOUR TEETH

SET THE TABLE
FOR DINNER

SMILE AT
EVERYBODY.
IT'S CONTAGIOUS!

IN PARTNERSHIP WITH



**Canadian
Blood
Services**
BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

ORGAMITES
IT'S WHAT'S INSIDE THAT COUNTS
DISCOVER MORE AT ORGAMITES.CA