

KIND JULY

Acts of Kindness

In Communities

STAY
KIND

HUMAN * KIND

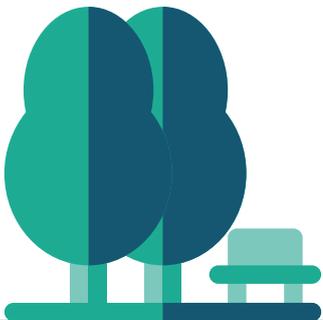
BE BOTH

Join our movement of “kindness” we’re making July a month full of kindness!

You can make a pledge to kindness on our website: staykind.org

Here are some ideas for your local community during Kind July.

If each one of us, did just one act of kindness every day, that would equate to **9.1 Billion** acts of kindness a year (based on a population of 25 Million Australians). In Kind July that would be **775 Million** acts of kindness. The possibilities are endless – Imagine what a great country we could make Australia! Hope – can you imagine.



TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.

Leo Buscaglia, 1924 - 1998

**SMILE AND
SAY 'HELLO'**

**WHEN PAYING FOR
YOURSELF, OFFER
TO PAY FOR
SOMEONE ELSE TOO**

**LET SOMEONE
IN LINE
BEFORE YOU**

**WHEN YOU'RE ON A BUSY
TRAIN OR BUS, DOES
SOMEONE NEED A SEAT
MORE THAN YOU?**

**HELP AN ELDERLY
PERSON WITH
THEIR SHOPPING**

**SPEND TIME WITH
LONELY PEOPLE,
VOLUNTEER AT AN
AGED CARE FACILITY**

**SAY 'PLEASE'
AND 'THANK
YOU'**

**HELP AN ELDERLY
PERSON AT A PETROL
STATION - WITH FUEL OR
PUTTING AIR IN THEIR
TYRES**

**HELP TOURISTS AND
LOCALS ALIKE WITH
DIRECTIONS IF THEY
LOOK A LITTLE LOST
AND SAY 'HI!'**

**INVITE A
FRIEND TO A
MOVIE OR THE
THEATRE**

**COOK A
MEAL FOR A
NEIGHBOUR**

**TAKE A
NEIGHBOUR'S
BIN OUT
(AND IN)**

**HOLD DOORS AND
LET OTHERS IN
BEFORE YOU**

**BUY A
STRANGER A
CUP OF COFFEE**

**VOLUNTEER FOR
A CAUSE THAT
YOU CARE
ABOUT**

**BE AVAILABLE TO ASSIST
AN ELDERLY NEIGHBOUR
OR A VULNERABLE
PERSON IN YOUR LOCAL
COMMUNITY**

**INTRODUCE YOUR CHILDREN
AT AN EARLY AGE TO COMMUNITY
WORK SO THEY ADOPT THE
SPIRIT OF GIVING BACK.**

**OFFER TO
BABYSIT FOR
SOMEONE WHO
NEEDS A BREAK**

**MAKE A
WORTHWHILE
DONATION**

**HANDWRITE A
'THANK YOU' NOTE -
IT MEANS THE WORLD**

**GIFT A 'CARE PACK'
FOR SOMEONE WHO
IS HOMELESS**

**TAKE
FLOWERS TO
A NURSING
HOME**

**SIGN UP TO
BECOME AN
ORGAN DONOR**

**GIVE
SOMEONE A
COMPLIMENT**



www.staykind.org