



Little ACTS **BIG** Impacts

Notice kindness in others



Be kind to your surroundings



Be kind to others



Be kind to yourself



Kindness starts with *you* and takes flight

Plan an *act of kindness today.*

Acknowledge when you've done well

Set realistic goals

Take time out for you: Have fun!

Be present and express genuine interest

Give your time without expecting back

Take time to connect: Go out for coffee

ACT

Pick up a piece of litter

Make your work space tidy and personal

Care for the living world: Plant a tree

Care for animals: Walk a friend's pet

Focus on compliments from others

Be mindful of smiles and thank yous

Receive with gratitude