

# Who & How

Get creative with your acts of kindness! Here are some ideas of how to show kindness that may inspire you within your own community!

## Ideas of Who to Show Kindness To...

- ❖ Strangers
- ❖ Family & Friends
- ❖ Neighbours
- ❖ Businesses
- ❖ Emergency Services
- ❖ Charities or Nonprofits
- ❖ Community Leaders
- ❖ Schools

## Ideas of How to Show Kindness...

- ❖ Leave a kind note
- ❖ Buy a hot/cold beverage or meal
- ❖ Give flowers
- ❖ Volunteer at a local charity or nonprofit
- ❖ Gather items for a clothing or food drive
- ❖ Pay for someone's parking meter, carwash, laundry, etc.
- ❖ Shovel someone's driveway



For more information go to

[www.restoringkindnesscanada.com](http://www.restoringkindnesscanada.com)