

# MAKE KINDNESS THE NORM IT'S THE LITTLE THINGS...

Join us for Kindness Week  
13<sup>th</sup> – 19<sup>th</sup> February 2023

LEAVE SOMEONE A NOTE  
OR A LITTLE TREAT  
TO MAKE THEM  
SMILE

CHECK IN  
ON SOMEBODY YOU'VE  
NOT SPOKEN TO  
IN A WHILE

OFFER TO TAKE  
A TASK OFF SOMEONE'S  
TO-DO LIST

THANK SOMEONE  
YOU APPRECIATE



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