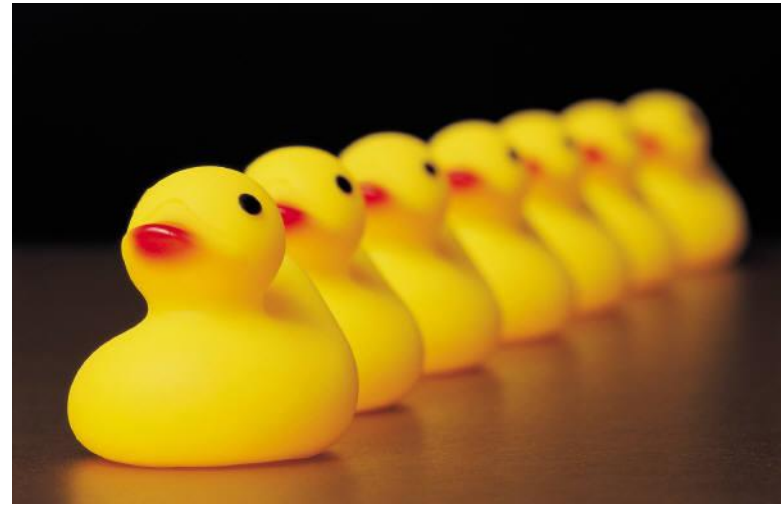


“No act of
kindness,
however small,
is ever
wasted.”

Aesop

Swap places with
the person behind
you in the queue



Say something
nice about
someone
behind their
back

Give somebody
that you love a
hug-without them
asking!





Be polite to
every single
person that
you meet

In the canteen, offer
to take someone
else's tray back with
yours.



Or get somebody a
drink when you get
your own.

Smile at
everyone you
see



Pick up some
litter – even if it's
not yours!

PLEASE JOIN YOUR HANDS FOR OUR PRAYER

In our busy lives, help us to lend a hand, an ear, a smile or a kind word to make somebody else's life happier - and let us remember that our kindness will never be a waste of time

Amen