

# kindness

## AT HOME



DECORATE THE FRONT OF  
YOUR HOME



CLEAN UP A ROOM  
(WITHOUT BEING ASKED)



LEAVE NOTES AROUND YOUR  
HOUSE FOR YOUR FAMILY



GIVE SOMEONE A  
COMPLIMENT



FREE CHOICE



HELP SOMEONE IN  
YOUR HOME



REACH OUT TO SOMEONE  
WHO MAY BE LONELY



SEND KIND, LOVING THOUGHTS  
INTO THE WORLD



DO SOMETHING THAT MAKES  
YOU HAPPY