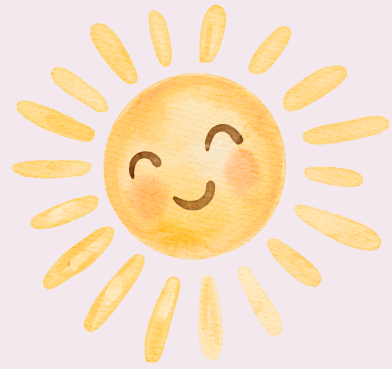


# ONE SMALL ACT A DAY



Kindness doesn't have to be big or perfect to make a difference. Here are 7 easy and practical ideas to get you started on daily kindness, plus space to create your own!

## TRY ONE SMALL ACT OF KINDNESS EACH DAY THIS WEEK

- ☐ Smile at someone
- ☐ Say thank you and use the person's name
- ☐ Help without being asked
- ☐ Send a kind text
- ☐ Include someone in a conversation
- ☐ Hold the door for someone
- ☐ Tell someone something you appreciate about them
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



This printable is part of Ruby's Kindness Club.  
Join us at [AngieandRuby.com](http://AngieandRuby.com)!