

Make someone smile!

Thoughtful Inspirations



You Can:

- Do something without being asked (or nagged!)
- Pick up rubbish!
- Raise money or make contributions to a charity
- Nod, smile or say 'hello' to someone you don't know
- Spend time with someone going through a hard time.
- Make a meal for a sick neighbour or a new parent.
- Lend a hand - return a trolley or open a door
- Paint an inspirational saying on a stone and leave it at a park!
- Deliver groceries to people who need it
- Support entrepreneurs - promote their business and buy their products
- Send a 'just because' greeting card
- Always speak positively about others
- Look out for the elderly or vulnerable people.
- Show interest in someone's hobby
- Be generous with compliments and hugs
- Pay for someone's groceries or coffee!
- Make a hot drink for someone
- Listen and smile!