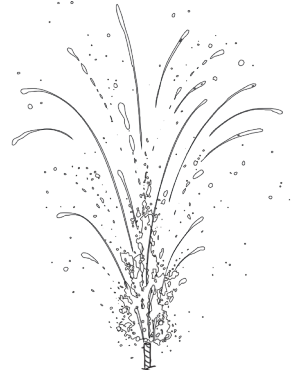


# Random Acts of Kindness New Year Promises

What could you do this year to show kindness to others?

Make some new year promises below.

Maybe you could donate some of your outgrown clothes to charity, volunteer to help an elderly neighbour with some gardening, take supplies to an animal shelter, write a thank you letter to someone serving in the armed forces or give food to a local food bank... the possibilities are endless!



Think of one idea for every month of the year.

**January**

**February**

**March**

**April**

**May**

**June**

**July**

**August**

**September**

**October**

**November**

**December**