

Random Acts of Kindness!

What kind things can you do for those near and far...?

Compliment somebody

Draw someone a picture

Bake a treat for everyone at home

Write a letter to someone who might feel lonely



Write down some positive thoughts and leave them around the house for others to find.


Call a friend for a chat

Help with some housework without being asked

Tell someone a joke

Spend time playing with your pet if you have one

Get someone a drink

Give your family hugs!



OVER THE WALL
a seriousfun camp