
























<p>1</p>  <p>Write a letter to a friend or family member</p>	<p>2</p>  <p>Smile and say hello to everyone you meet today</p>	<p>3</p>  <p>Donate to a food bank</p>	<p>4</p>  <p>Check in with you neighbours</p>	<p>5</p>  <p>Drop a bag of books to your local charity shop or library</p>	<p>6</p>  <p>Leave your \$1 coin in the shopping trolley for the next shopper</p>
<p>7</p>  <p>Call an old friend for a chat</p>	<p>8</p>  <p>Support independent small traders by shopping local today</p>	<p>9</p>  <p>Write christmas cards to a local care home or hospice</p>	<p>10</p>  <p>Do a litter pick</p>	<p>11</p>  <p>Offer to babysit for a friend so they can run some errands</p>	<p>12</p>  <p>Donate a gift to a child in need</p>
<p>13</p>  <p>Pay for the drink of the person behind you in the coffee shop</p>	<p>14</p>  <p>Drop a festive treat into your local police or fire station</p>	<p>15</p>  <p>Drop old blankets and towels to an animal shelter</p>	<p>16</p>  <p>Stop to talk with the homeless people you pass today</p>	<p>17</p>  <p>Leave a festive treat for your postie</p>	<p>18</p>  <p>Stop and compliment someone when you're out today</p>
<p>19</p>  <p>Drop off flowers for a friend "just because"</p>	<p>20</p>  <p>Donate to the children's ward at your local hospital</p>	<p>21</p>  <p>Drop around a meal for a friend in need</p>	<p>22</p>  <p>Leave a thank you note for your refuse collectors</p>	<p>23</p>  <p>Put some bird seed out for the birds</p>	<p>24</p>  <p>Let someone go in front of you in the queue</p>