



One kind act can spark another, brighten a grey day, touch a stranger's heart and inspire a chain reaction of kindness

Examples include:

- ♥ Giving a compliment
- ♥ Thanking people for their help throughout the day
- ♥ Checking on a neighbour
- ♥ Signing up to volunteering
- ♥ Considering others before yourself
- ♥ Being kind to yourself



We're inviting everyone to let us know about local people's acts of kindness, whether big or small, in our communities. Visit the Choose Kindness web pages yourlifedoncaster.co.uk/choose-kindness for more information

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Team Doncaster