



SPREAD A LITTLE **KINDNESS** THIS  
*Christmas*

*One*

Smile at a stranger

*Two*

Donate gift cards for your local Women's Refuge (e.g. supermarkets, petrol stations or stores such as The Warehouse)

*Three*

Give a kindness card to a stranger

*Four*

Donate a box of Le snack for Kind Hearts Parents Initiative

*Five*

Download and give a Kind Hearts Christmas card

*Six*

Donate a new toy or practical gift to Shoebox Manawatu

*Seven*

Pay someone a compliment

*Eight*

Make a donation to an organisation supporting those in need

*Nine*

Donate second hand items to your local charity shops

*Ten*

Make a loved one a Christmas decoration

*Eleven*

Donate individual packets of chippies or crackers for Kind Hearts Parents Initiative

*Twelve*

Pay it forward and buy someone a coffee at a Kind Hearts cafe

*Thirteen*

Donate nonperishable food items to your local food bank

*Fourteen*

Donate a present to the K-mart wishing tree

*Fifteen*

Ring someone you haven't recently been in contact with and wish them a Merry Christmas

*Sixteen*

Paint a Christmas Palmy Rock and hide at a local park

*Seventeen*

Donate supermarket vouchers for Kind Hearts Kids Initiative

*Eight-teen*

Visit a neighbour with a Christmas treat

*Nineteen*

Reach out to someone who is alone this time of year

*Twenty*

Donate old woollen blankets or petfood to the SPCA

*Twenty-one*

Pay for someone's coffee for Kind Hearts Coffee Initiative

*Twenty-two*

Donate toiletries for the hospital or a family in need for Kind Hearts Parents Initiative

*Twenty-three*

Help someone to their car with their Christmas shopping

*Twenty-four*

Donate a box of coffee sachets for Kind Hearts Parents Initiative