

Spread a little kindness this Christmas



1
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)

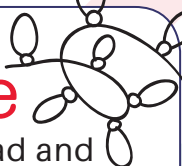
3 Give a kindness card to a stranger

Donate a box of Le snack for Kind Hearts Parents Initiative


Four



Five
Download and give a Kind Hearts Christmas card



Six
Donate a new toy or practical gift to a organisation collecting for families this Christmas



7
Pay someone a compliment



Join us at Christmas at Farnham Park, Palmerston North at 3pm

EIGHT

Donate second hand items to your local charity shops

Nine



10
Make a loved one a Christmas decoration



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

Knit a Christmas themed Peggy Square for Kind Hearts Peggy Purl Initiative

12

Donate non-perishable food items to your local food bank

Thirteen



Fourteen
Bake some treats for the hospital for Kind Hearts Parents Initiative

15
Support the Back to School appeal with Variety.org



Paint a Christmas Palmy Rock and hide at a local park

16

Seventeen
Donate New world vouchers for Kind Hearts Kids Initiative



18
Pay for someone's parking



Reach out to someone who is alone this time of year


nineteen

20
Donate old woollen blankets or petfood to the SPCA



Pay for someone's coffee for Kind Hearts Coffee Initiative

21



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

Twenty-two

23
Help someone to their car with their Christmas shopping



twenty-four
Donate a box of coffee sachets for Kind Hearts Parents Initiative