

## Random Acts of Kindness Day

For Random Acts of Kindness Day on Saturday 17<sup>th</sup> February, we are encouraging our supporters to join in and share the small things they have done or will do to help others on this day. It could be something as simple as taking time to text a friend to ask them how they are, or making a cup of tea for a colleague.



#RandomActsofKindness

### How to take part.

- 1 Print out this rosette and write your random act of kindness.
- 2 Cut out the rosette.
- 3 Take a selfie with your rosette.
- 4 Post online using #RandomActsOfKindness and tagging @CharitySANE. We'll be sharing some of our favourites on our Instagram account. We are looking forward to seeing what acts our supporters get up to. Never underestimate the power of kindness!