Drayton Valley

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Visit or help out an elderly person	Donate a toy, book, or clothing to charity	Give an animal some love	Tell someone why you love them	Call a family member to chat
Help someone make a meal	Open the door for someone	Feed the birds	Give someone a hug (ask first)	Smile at everyone you see
Make kind notes for people to find	Donate socks or mitts to a homeless shelter		Tell a silly joke to make someone laugh.	Send someone a thank you note
Give someone a compliment	Donate food to the food bank	Deliver treats to someone	Give someone a high five	Pick up trash (at least one bag full)
Do a chore for someone else	Let someone else go first	Ask someone how their day is going	Shovel someone's sidewalk	Make up your own act of kindness!
Your name:				

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Your phone number: