



Want to see the difference a little kindness and compassion can make in the world around you? Be a part of **30 Days of Caring**. It starts with you and your commitment to one simple, thoughtful act of caring every day for the next few weeks.

### 10 DAYS OF ENCOURAGEMENT

- Who could use a bit of a boost?
- Who's earned a celebration?
- Who's great at being a grown up?
- Who's making some positive changes?
- Who would appreciate something sent by post?
- Who needs to hear that they're doing a great job?
- Who needs to hear that they're a great parent?
- Who needs to know that they're a brilliant kid?
- Who needs reminding that they're awesome?
- Who's a great friend?

### 10 DAYS OF SUPPORT

- Who's been feeling a bit lonely lately?
- Who could use a virtual hug?
- Who has been on your mind?
- Who's dealing with family issues?
- Who's not been feeling so great recently?

### WAYS TO SHOW YOU CARE

- Post a card or letter
- Deliver a nice treat or some flowers
- Send an email, online message or text
- Make a phone or video call
- Just be kind

### 10 DAYS OF APPRECIATION

- Who deserves a thank you?
- Who goes out of their way to be thoughtful?
- Who is always willing to help out?
- Who are you feeling grateful for?
- Who gets you through the tough days?
- Who is always able to make you smile?
- Who do you call when you need help?
- Who always looks out for everyone else?
- Who's always there for you?
- Who gives you unconditional love?

We would love to know how your 30 Days are going.  
Please share your stories with us using **#30DAYSOFCARING**  
Find out more at [www.hallmark.co.uk](http://www.hallmark.co.uk)