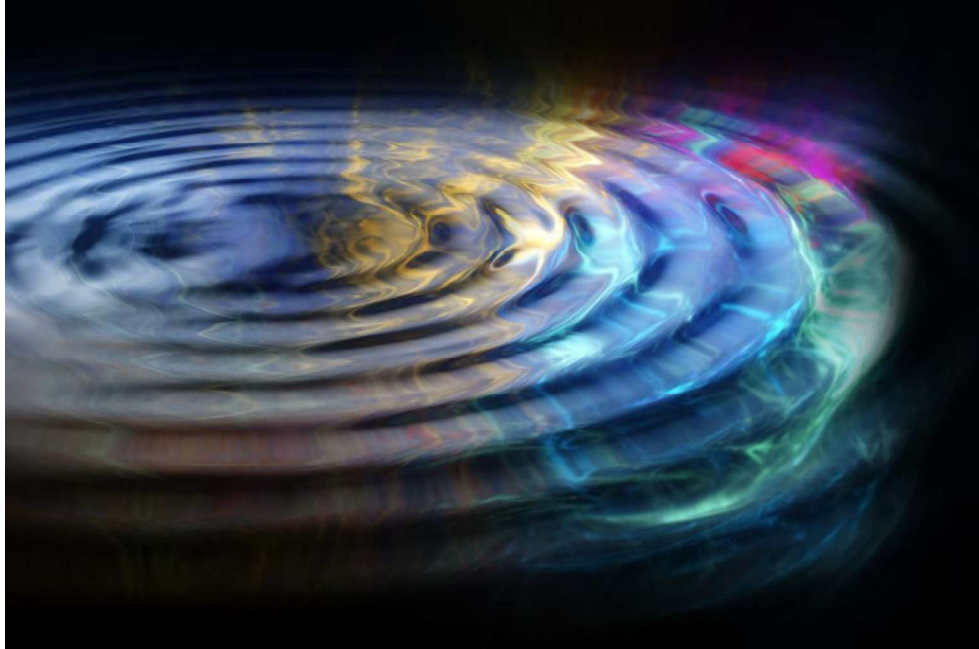


Ripples



- Take a moment to be still, close your eyes and breathe deeply. Feel your breath and breathe out slowly.
- Imagine dropping a pebble into a pond and watching the ripples. In your mind's eye, watch them spread out until they reach the edge.
- Think of the ripples as acts of kindness, starting with one person and spreading out in ever-increasing circles. Picture the ripple effect spreading kindness through your neighbourhood and into the wider world.
- Who do you know who would appreciate a small act of kindness today? Think of a simple gesture that would brighten their day.
- Next time you're near a pond, drop in a pebble, watch the ripples and imagine kindness spreading out through the local community and beyond.

'There's no such thing as a small act of kindness. Every act creates a ripple with no logical end.'

Scott Adams

