

PROPER POST

love and smiles delivered

DAY 1 STRANGER KINDNESS

Start Day 1 with a bang, spend the day consciously complimenting everyone you come across in your normal day. You can also use our fun Compliment Sheet poster to share. Print it out, pin it up and see how many compliments get torn off and enjoyed.



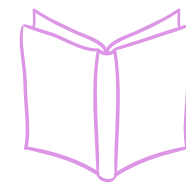
DAY 2 SMILE

Smile at every single person you see today. It's one of the easiest things in the world to do and it's totally breeeee! Watch the utter magic of how everyone smiles back at you - no one can resist a smile. Make it into a game & score points for each smile you receive.



DAY 3 BOOK KINDNESS

Take a book you have read and love then write a note of kindness to a stranger about the book and how you hope they enjoy it. Hide the note in the front cover of the book and then leave the book somewhere it will be easily found.



DAY 4 KIND NOTES

Today use our little notes of kindness printable to write and hide notes for family and friends. Make their day and tell them all the things you love about them. Take some pics and share with us all.



DAY 5 KIND COMMENTS

Search the hashtag #kindcomments and read all the lovely messages of kindness and hope. Find a random post on this hashtag and comment on it with something kind. Tag us too so we can see @properpostuk.



#5DBK 5 Days of Kind Challenge @properpostuk