

Random Acts of Kindness

(Guru Har Rai Ji's Birthday Special)

Try and complete as many acts of kindness as you can over
the the next 7 days

Serve food for
someone

Draw/color a
picture for
someone

Read a book to
someone

Forgive
someone who
hurt you

Call someone
(If possible talk
in Punjabi)

Pick up trash
without being
asked

Help someone
with a chore

Write a kind
note about
farmers

Share/Donate
food or toys

**DID YOU
KNOW?**

Guru Har Rai Ji gave the rare ingredient for a medicine to Shah Jahan
for his son's cure

Name