

15 ways TO MAKE A stranger smile

Trust us – it'll make you smile too!

- 1 Hold the door open for somebody – it's waaay better than letting it slam shut in their face!
- 2 Emails have fast taken over the good ol' pen and paper. Write a handwritten note to someone thanking them for the job they're doing. It could be the founder of a charity or even the writer of a book or article that changed your life (*cough* this one *cough*).
- 3 Received fantastic service on public transport? Call the company and let them know. Don't forget to take note of the details of the service (time/date).
- 4 Love the boots that girl at Gloria Jeans is wearing? Let her know!
- 5 Clean up after yourself. Classic example: If you're at a food court, don't leave your rubbish on the table "for the cleaners". BTW, saying "they get paid to do it" doesn't make it right.
- 6 We all know how tough it can be to study, so why not leave encouraging post-its in the next library book you borrow? Try things like "You can do it" and "Don't give up".
- 7 Next time you see someone who looks like she could be friends with your grandmother struggling to carry her groceries, help her carry them.
- 8 Volunteer at a nursing home or a children's hospital. You could read books or even dress like a clown – the extravagance is up to you.
- 9 Did a waiter or waitress treat you really well at a café? Let their manager know.
- 10 Instead of asking for gifts for your birthday, ask your friends and family to donate the money they would have spent to a charity. We love the National Breast Cancer Foundation, but any will do.
- 11 Say please and thank you. Note: This works on strangers AND people you know.
- 12 So you and your mum have decided to do your weekly grocery shop on a Thursday night. You've got a trolley full of stuff, and someone behind you only has a packet of batteries and a bottle of milk. They'd be forever grateful if you let them go ahead of you – and you'll feel great too!
- 13 Stop spreading rumours about people at school you don't even know.
- 14 If you see someone trying to take a selfie, offer to take the photo for them. This works especially well with tourists.
- 15 Notice a new girl starting school this term? All you've got to do is say hello and offer to show her around and you could have a friend for life. **GF**

you have a great

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■ hair do ■ bum sense of humor ■ aroma
■ face ■ smile ■ outfit on ■ personality Typo