

fold here

# Pay it Forward

it's possible for one idea to change the world

UK

## Congratulations!

Someone has done a good deed for you to show they care.  
Now it is your turn to do a good deed for someone else and make that person feel good.

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## Spread some joy!

There are lots of good deeds that you could do. Here are a couple of ideas to get you thinking:

- ☺ Be kind to someone you usually ignore
- ☺ Buy someone a snack from the canteen
- ☺ Help a friend with their homework
- ☺ Write a get well letter to someone who is sick in hospital
- ☺ Do some extra chores at home  
Help tidy the room for your teacher

Please tick one box after

you *Pay it Forward*

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Pay it Forward Cards