

Print your coupons on plain or coloured card and cut along the lines.

Put them in cards, lunch boxes, in the car or leave them on someone's desk or bed.

It doesn't have to be a special occasion to do something nice for someone else!

Have fun handing them out and please tell us how people appreciated your kindness on our facebook page

www.facebook.com/RippleKindnessCards or email your stories to lisa@ripplekindness.org

Print more coupons at <http://www.ripplekindness.org>

20 MINUTE MASSAGE



Please hand your coupon to _____
to redeem your massage.

CUP OF TEA OR COFFEE



Please hand your coupon to _____
and your drink will be delivered shortly.

FOOT MASSAGE



Please hand your coupon to _____
to redeem your massage.

ONE CAR WASHED



Please hand your coupon to _____
and your car will be washed shortly.

DOG WALKING



Please hand your coupon to _____
and I'll walk the dog for you.

DINNER COOKED



Please hand your coupon to _____
when you would like dinner to be cooked for you.

SNUGGLE ON THE COUCH



Please hand your coupon to _____
for a lovely snuggle while we watch your favourite show.

AN ERRAND DONE



Please hand your coupon to _____
and I'll run an errand for you.