

Ask Noah International is Proud to Present:

## **A CALL TO ACTION**

*The Light and Love that is created through the performance of Goodness and Kindness prevents hate and evil.*

### ***Sending a Nice Surprise:***

- Mail a nice card or letter, or send an e-card.
- Give an unexpected present or send flowers.

### ***Putting the Phone to GOOD Use - Call to:***

- Say Hi to an old friend or your children.
- Tell your children that you love them.
- Talk to someone who has very few friends.
- Check on an elderly person who lives alone.
- Compliment someone on a job well done.

### ***Kind and Thoughtful Speech:***

- Try not to gossip.
- Ask a friend not to tell you gossip.
- Speak about the good qualities of others.
- Thank someone for their efforts or help.

### ***Devoting Time for Others:***

- Volunteer.
- Make a new friend.
- Tutor someone in reading English.
- Mentor an at-risk youth.
- Read for the blind.
- Visit someone in a hospital or nursing home and cheer them up.

### ***Especially for Husbands and Wives:***

- Celebrate special days (anniversaries, etc.)
- Give warm smiles - they'll be reflected back!
- Turn off the TV and share some quality time.
- Do home projects that have been neglected

### ***The Joy of Giving:***

- Donate your magazines to a nursing home.
- Give some charity or do a kind act every day.
- Put a copy of this page in a letter or parcel.
- Be kind to animals.
- Support police, firefighters & first responders.

### ***Especially for Parents to Do:***

- Be patient, encourage and forgive your kids.
- Hug your children and ask how they're feeling.
- Give allowances to your children and teach them to set aside part for charity.
- Read to children and help them do homework.
- Make an effort to treat your children fairly.
- Tell your children you love them all equally.
- Send your parents photos of their grandkids.
- Tell your children about Noah & the 7 Laws.
- Teach your children to be kind to animals.

### ***Especially for Children to Do:***

- Call your parents and grandparents and get them to feel happy.
- Don't quarrel or fight with your siblings.
- Do chores and help without being reminded.

### ***Acts of Kindness to do for Elderly People or Disabled Military Veterans:***

- Rake their leaves or mow their lawn.
- Drive them to shopping, appointments, etc.
- Help to open a door or cross the street.
- Give your attention, respect and patience.

**THESE ARE RANDOM ACTS OF KINDNESS THAT YOU CAN DO!**

<https://asknoah.org>

Ask Noah International is a 501(c)3 charitable organization.