

# Recipe For

## Creating Smiles

Master Chef Mantra: Kindness to others is kindness to yourself

### Directions

- Pay for the person behind you - treat the person behind you at a drive-through!
- Donate - donate food, warm clothes, or your time doing something good
- Compliment someone - a friend, a family member, or a stranger!
- Leave a kind note on someones car - you never know whose day you will make!
- Write a letter to an elder - send a letter through [loveforoureliders.org](http://loveforoureliders.org)
- Practice Self care - the kinder we are to ourselves, the kinder we are to others

