

ALL IN CARDS

**Hold the door
For someone**

 PACER's National Bullying Prevention Center

ALL IN CARDS

**Give encouragement to someone
who has been put down
(Do this in person)**

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**Thank someone for something they
do everyday**

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**Give encouragement to someone
who has been put down
(Do this online)**

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**Smile and say “hi”
to someone you’ve
never spoken to**

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**Tell someone that they are
important to you**

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**Post a message of kindness
or encouragement on your
social media**

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**Ask someone how their day is
going, and really listen to
their response**

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