

Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Give a sincere compliment to a stranger



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Give a hug to someone



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Give someone a helping hand



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Hold the door for someone and wish them a great day



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Help someone find their way on the street



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Smile and say hello to someone you don't know (yet;)



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Let someone go in front of you in a lineup



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Thank someone for their help



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Spend time with people you care about



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Express gratitude to someone who brings you joy



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Thank someone sincerely while looking in their eyes



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Ask someone how they're doing an really listen to their answer



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Give up your seat to someone else



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Share a meal with someone new



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Offer your sincere apologies to someone



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Call someone you haven't spoke to in a while



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Say I love you to someone



Spread smiles :

Try this challenge and pass it on 😊

CHALLENGE :

Offer your help to a stranger



