

Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Give a stranger a compliment, sincerely



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Give a hug to someone



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Give someone a helping hand



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Hold the door for someone and wish them a great day



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Help someone find their way on the street



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

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



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Let someone go in front of you in a lineup



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Thank someone for their help



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Spend time with people you care about



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Express gratitude to someone who brings you joy



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Thank someone sincerely while looking in their eyes



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

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



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Give up your seat to someone else



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Share a meal with someone new



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Offer your sincere apologies to someone



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Call someone you haven't spoken to in a while



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Say I love you to someone



Spread smiles :

Try this challenge and pass it on ☺

DÉFI :

Offer your help to a stranger

