



## Ideas for Pay It Forward Day

**It is in giving that we receive**

1. Do a random act of kindness
2. Hold the door open for the next person
3. Introduce yourself to someone you have never spoken to before
4. Inspire others online
5. Spread good news
6. Offer words of encouragement to someone
7. Organise a charity event
8. Give someone your time
9. Be courteous
10. Give a good book you have read to someone else
11. Make a card and send it to someone you know
12. Leave encouraging post-it notes in library books and other random places around the school.
13. Have a food or toy collection
14. Organize an event to preserve and protect the environment
15. Donate cat and dog food to the local animal shelter
16. Ask someone: how can I help you?
17. Smile at someone who looks like they need it
18. Hug a friend and let them know how important they are.
19. Listen to someone
20. Be the change you wish to see in the world

**Remember** - As with any gift, the giver will get the greatest joy.



**Le Chéile Pay It Forward Day 2016**  
**15<sup>th</sup> April 2016**

**One School's Le Chéile Pay It Forward Day Experience:**  
**Saint Louis Community School Kiltimagh 2015**

**9:10** Thought for the Day – read by one of the senior students over the intercom

**Morning classes** –Smiley Face Balloons and Memes are put up around the school.

Students are asked to take on Random Acts of Kindness suggestion from the R.A.K. boxes

**11:25** Student Traditional Irish Music Group – playing in the circulation area during the break

Students and staff are randomly chosen to receive chocolate bars or Easter eggs – to wish them a “Happy Easter”!

**1pm** Students are randomly chosen to receive cups of tea/coffee/soft drinks compliments of St. Louis

**Afternoon classes** – Chaplaincy team write compliments on *post its* for every student and staff member in the school.

**Last class:** One class of students with the two RAK leaders attach the compliments to everyone's lockers and office doors etc. Announcement is made for everyone to be sure to visit their locker before going home for the Easter break.

- Need an inspiring catchy song and video to start the ideas flowing? watch Mathew West “Do Something” [www.youtube.com/watch?v=b\\_RjndG0IX8](http://www.youtube.com/watch?v=b_RjndG0IX8)
- Visit our website [www.lecheiletrust.ie](http://www.lecheiletrust.ie) to see the pictures and stories of Pay It Forward Day in our schools in 2015.



## A Fable

She smiled at a sorrowful stranger...  
The smile seemed to make him feel better...  
He remembered past kindnesses of a friend  
And wrote him a thank you letter...

The friend was so pleased with the thank you  
That he left a large tip after lunch...  
The waitress, surprised by the size of the tip,  
Bet the whole thing on a hunch...

The next day she picked up her winnings,  
And gave part to a man on the street...  
The man on the street was grateful;  
For two days he'd had nothing to eat...

After he finished his dinner,  
He left for his small dingy room...  
He didn't know at that moment  
That he might be facing his doom...

On the way he picked up a shivering puppy  
and took him home to get warm...  
The puppy was very grateful  
to be in out of the storm...

That night the house caught on fire...  
The puppy barked the alarm...  
He barked till he woke the whole household  
And saved everybody from harm...

One of the boys that he rescued  
grew up to be President...  
All this because of a simple smile  
That hadn't cost a cent.