

Fold in half

Cut

# Do Good!

Spread random acts of kindness.  
Do a good deed,  
Pass this card on,  
Track it's travels

Tracker ID

To follow this card's travels and the deeds associated with it, enter the ID number above at:



[www.helpfromhome.org](http://www.helpfromhome.org)

## 'Do Good' Suggestions \* They are all free to do!

- Help predict the climate via your pc - [www.climateprediction.net](http://www.climateprediction.net)
- Play a free game to plant a free tree - [www.jogogreen.com](http://www.jogogreen.com)
- Recycle practically anything - [www.freecycle.org](http://www.freecycle.org)

For more 'Do Good' ideas, visit:

[www.helpfromhome.org](http://www.helpfromhome.org)

Help From Home's aim is to inspire people to volunteer their time for worthy causes, from the comfort of their own home by providing free information on easy, no commitment home based volunteering opportunities.

Fold in half

Cut

Cut

Cut

Cut

Cut

Cut

Cut

Cut

Cut

Cut