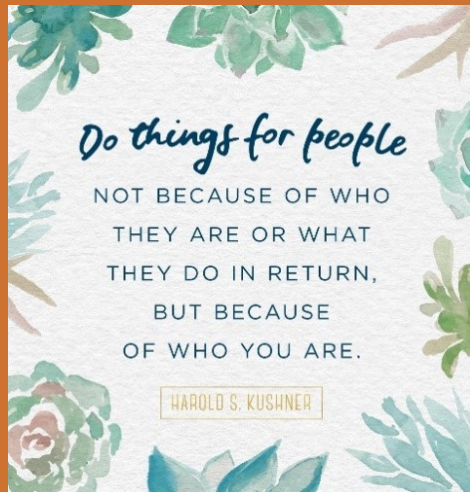


Kindness and Generosity



Random Acts of Kindness



For Everyone

For Educators

For Middle/High School



The Ripple Effect Of Acts Of Kindness

Videos

[The Great Kindness Challenge](#)

[The Ripple Effect Of Acts Of Kindness](#)

[Kindness: The World We Make](#)

[Color Your World With Kindness](#)

[TED TALK How one act of kindness a day can change your life](#)

[WHO can you do Random Acts of Kindness for?](#)

A colorful graphic with a background of yellow, green, blue, and orange horizontal stripes. It features the text: "May this small Act of Kindness brighten your day." repeated in two columns. A large orange circle with the number "24+" is overlaid on the text. Below the circle, it says "QUICK ACTS OF KINDNESS FOR FAMILIES". At the bottom, there is a logo for "BIG HEARTED FAMILIES" and the text "a program of DoingGoodTogether.org".

Community Resources
Directory

Acts of Kindness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
Leave a nice note in a library book	Give someone an 8-Second Hug	Send someone a nice note	Donate old books	Don't complain all day long	Leave a nice note on a mirror	Give a compliment
Pick up trash in your neighborhood	Be kind to a stranger	Draw a picture for someone	Bake yummy goodies for someone	SMILE at everyone you see today	Do someone else's chores for them	water plants
Feed the birds	Write a gratitude list (20 things)	Pick up trash you see on the ground	Leave an extra tip	Bring someone flowers (or draw a picture of flowers)	Recycle	Share with another person
Donate old clothes	Help an elderly person	Walk someone's (or your own) dog	Make a list of 10 things you're thankful for	Tell someone the reasons you like them	Hold the door for someone	Donate to a local animal shelter
Offer water to those in need	Help make dinner	Make a bird feeder	Donate old toys	Make someone laugh	Write positive messages on the sidewalk	write a thank you note

The Science of Kindness

Being Kind Is Good for Your Health

Why Be Kind?

How Kindness Benefits the Receivers

The Art of Kindness

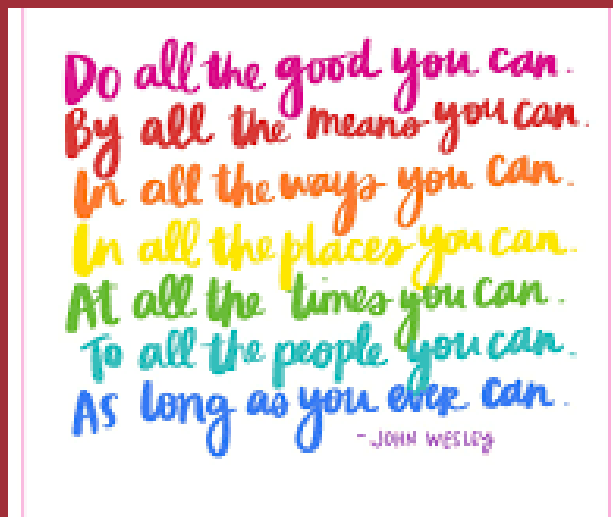


Kindness Matters



Kindness Champions

Who could you nominate as a LOCAL Kindness Champion?



- Self-Compassion for Children 3-8 years
- Empower Your Students with Self-Compassion
- Teaching Kids Self-Compassion
- A Self-Compassion Break for Teens

POSITIVE AFFIRMATIONS TO INSTILL Kindness

1. I have been raised to be kind to others.
2. I can be forgiving even in the most challenging situations.
3. I know the importance of being kind to myself
4. I always try to understand how people feel and think.
5. I often do things for others when they least expect it.
6. I believe in spreading joy.

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