

KINDNESS

It Starts With You. Pass it on!

Share a smile. **Brighten someone's day.**

Open a door. Listen with your heart. Say "hello." Visit a sick friend. Say "thank you". **Help carry a load.**

Plant a tree. Buy someone a meal.

Let someone go before you. **Give blood.** Read to a child.

Commit Random Acts of Kindness daily.

Give compliments. Respect others. Say "I love you."

Have patience. *Do a favor.* Forgive mistakes.

Say "please and thank you." Show compassion.

Lend a hand. **Help a neighbor.**

Use encouraging words. **Spread kindness.**



The Gift of Kindness

www.giftofkindness.com