



*Be somebody that  
makes everyone feel  
like somebody!*

# Kindness

What is the true meaning of kindness.?

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness.

Why is kindness so powerful?

Kindness has many benefits including increased happiness and a healthy heart. It improves relationships and connections, which indirectly boosts your health.

- Thank someone who you appreciate
  - Offer your help to someone
- **Ask the person who's serving you how their day is going**
  - Treat someone to a coffee or tea
- Send flowers or chocolates to a friend out of the blue
- Hand bottled water to walkers/joggers/bikers from car window
- Walk up to a family eating lunch at a local restaurant & leave a gift card for them for their lunch. Or just pay for lunch without them knowing who paid.
  - **Drop off stuffed animals at the children's hospital**
- **Take a minute to direct someone who's lost, even though you're rushing.**
  - Put a coin in an expired meter.
- Give someone a thoughtful gift (it does not have to be expensive)
  - Hold the door open for someone
  - Write someone a thank you note
  - Send someone an email just to say hello
- Call a friend or family member for no reason other than to chat
  - Pay the toll for the driver behind you
  - **Pay for someone's groceries at the grocery store**
    - Let someone cut in in traffic
  - Help a driver in need fix a flat tire or in some other way
  - Give up a parking space to someone and park further away
  - Give up your place in line at the bank, grocery store, etc.
    - Pay someone a genuine and heartfelt compliment
      - Plant a tree or a plant
      - Do not complain about anything the entire day
        - Cook or buy some food for someone
        - Donate old clothes and stuff you do not need
  - Take the time to listen to someone attentively rather than monopolize the conversation
  - Take your grocery cart back to the store after you are done
    - Bake cookies or a cake for someone
    - Forgive someone who wronged you in the past
      - **Tip someone you wouldn't ordinarily tip**
  - Tell your parents how much you love and appreciate them
    - Offer to babysit for someone
    - Do not gossip about anyone the entire day
- Thank your mailman for his hard work
  - Give someone an inspiring book
    - Donate books to the library
    - Pick up trash that you see
    - Give someone a ride in your car
    - Call your grandparents to chat
- Make a donation to a worthy cause (it does not have to be a lot)
- Put your phone away when in the company of others and do not keep checking it
  - Smile at someone random
  - Hug someone to show you care
- Put positive sticky notes in places where others will see them and be uplifted
- Write or tell your spouse what you love about him or her
  - Put together a small herb garden for someone
- Say thank you to the janitor at your work, school, or gym
- **Frame a friend's favorite quote or lyric and give it to them**
- Make 2 lunches instead of 1 and give one away at work or school
- Be patient, kind and gracious to the customer rep on the phone
- Tell a police officer how much you appreciate him or her
  - Apologize to someone, even if it is not your fault
- Thank your garbage collectors, leave them a nice note
- **Help retrieve your neighbour's garbage can from the curb** after collection
- Compliment a parent with polite and well-behaved kids
  - Recommend someone for a job opening
    - Donate blood
    - Carpool with someone
- Drop-off personal hygiene items or diapers at a local shelter
- Do not correct someone, especially in public, even if you know they are wrong
- Keep an extra umbrella in your car to lend someone in the event of rain

All of us can make a difference by doing the little things that matter every day!