

WORLD KINDNESS DAY

World Kindness Day, celebrated on the **13th of November** every year, promotes the importance of being kind to each other, to yourself, and to the world. The purpose of this day is to help everyone understand that compassion for others is what binds us all together

World Kindness Day was created so that you could celebrate good deeds on this special day and inspire others to follow your example! On this day each year, people from around the globe come together to create a **chain reaction of compassion** by performing random acts of kindness for total strangers. You don't even have to leave your house or spend any money – just do something nice for someone else! **The goal is simple – spread as many smiles as possible across our planet**

According to the dictionary... kindness is defined as the quality of being friendly, generous, and considerate. But kindness means so much more. Kindness can mean different things to different people. The meaning is in how **YOU** choose to show it.



Be it through empathy, acceptance, kind gestures, thoughtfulness, the possibilities are entirely up to you. Kindness might look like being helpful or showing empathy. It may mean doing nice things without expecting nice things in return

KINDNESS

Kindness is more than being nice.

Kindness goes beyond merely being nice. Think about it - would you prefer people to describe you to be "kind" or "nice?" Being kind is doing intentional, voluntary acts of kindness. Not only when it's easy to be kind, but when it's hard to be.



Kindness is a movement.

Has someone ever done something kind to you and all you wanted to do after was pay it forward? That's because kindness is a chain reaction. It's a wave that keeps rolling, and all it needs is one person to start it. One small kind act can cause a ripple effect that impacts an entire community. If we are all focused on being kind, we are creating a movement of change.



Kindness is grace.

We can be kind in our response to ourselves and others when those mistakes occur. This means thinking before speaking, forgiving before seeking revenge, and thinking about long-term relationships instead of short-term pride. If we could all remember that none of us are perfect, we would be a lot kinder to each other. Offer grace, be kind.



Read on to find out how we can be kinder every day!

WAYS TO BE KIND TO OTHERS

1. **SMILE** AT EVERYONE YOU PASS IN THE HALLWAY, IN THE STORE, OR WALKING ON THE SIDEWALK



2. **HOLD THE DOOR** OPEN FOR PEOPLE

3. **SIT BY** SOMEONE WHO'S EATING ALONE

4. **PUT YOUR PHONE AWAY** AND GIVE SOMEONE YOUR FULL ATTENTION

5. **GREET** PEOPLE IN THE HALLWAYS



6. WHEN YOU EXPERIENCE SOMETHING GOOD, **SHARE IT WITH PEOPLE** (A BOOK, SOCIAL MEDIA POST, YOUTUBE VIDEO, ARTICLE, ETC....)

7. **DON'T GOSSIP**

9. SAY PLEASE AND THANK YOU WHEN YOU ASK FOR THINGS

8. **TALK TO SOMEONE** YOU DON'T USUALLY TALK TO AND TRY TO GET TO KNOW THEM

10. **COMPLIMENT** SOMEONE



11. **ASK** SOMEONE HOW THEIR DAY'S GOING AND **GENUINELY LISTEN** TO THEIR RESPONSE

12. **HELP** A CLASSMATE WHEN THEY'RE CONFUSED

14. **ASK NEW PEOPLE** TO BE IN YOUR GROUP DURING CLASS

13. **MAKE EYE CONTACT** WHEN YOU TALK TO PEOPLE

15. **LISTEN** WHEN SOMEONE NEEDS TO TALK

16. **FORGIVE** SOMEONE WHEN THEY HURT YOUR FEELINGS (EVEN IF THEY DON'T ASK FOR FORGIVENESS)

17. SAY **THANK YOU** A LOT

19. TELL PEOPLE TO **"HAVE A GREAT DAY"**

18. **SHARE** YOUR THINGS

20. **DON'T LEAVE** PEOPLE HANGING, **FOLLOW THROUGH** WHEN YOU MAKE A COMMITMENT



21. **ASK** YOUR TEACHER **ABOUT THEIR LIFE** AND WHAT THEY ENJOY DOING WHEN THEY'RE NOT TEACHING

22. **GIVE AWAY** THINGS YOU DON'T NEED ANY MORE

24. **CLEAN THE DISHES** AFTER DINNER WITHOUT BEING ASKED

23. **DON'T JUDGE** PEOPLE



25. LET SOMEONE **GO AHEAD OF YOU** IN LINE