

World Kindness Day is November 13th

3-STEP KINDNESS PROGRAM

INVITATION TO PARTICIPATE:

Creating a kinder world is something we all can do even when we feel surrounded by negative messages. There are many opportunities each day to do something kind and notice others being kind as well. When we begin to change our focus from the negative to positive thinking, everything changes. And it all starts with small drops of kindness that eventually becomes a waterfall that changes our perspective – and the world!

Each year the world unites during the week of November 13th to be intentional about kindness knowing that it will begin a ripple effect felt around the world. We are asking organizations all over the USA to hold “Kindness Events.” Here is our simple 3-step kindness program that is low cost and high impact:

- **SEE KINDNESS:** Thanks for Your Kindness Cards: Long, rectangular “finger size” cards have the message “Thanks for leaving your kind fingerprint on the world.” Make these cards available for people to take and give to people as they notice someone doing something kind.
- **DO KINDNESS:** Kind Act Cards: A wide variety of kind activities are written on small cards meant to inspire people to think of simple acts of kindness. People take one or more of these cards with the intent to perform this kind action within the next 24-48 hours.
- **SHARE KINDNESS:** Create a “Kindness Wall:” Hang a large banner or poster on a wall in a central, visible location titled “Share Your Kind Act.” Have post-it-notes and pens available for people to write an act of kindness they have done recently (or plan to do). and post it. Be inspired as you see how kindness is all around you!

You can add other activities too. A whole page of ideas is attached along with other resources. Take pictures and share your stories on social media to inspire others. Please select and share them as well to [www.https://acts.kindness.org/initiatives](http://www.acts.kindness.org/initiatives)

No matter how you decide to participate in kindness realize that it is a habit! Just like everything, the more you practice, the better you get, and the kinder the whole world becomes!

INSTRUCTIONS

STEP 1:

Talk to your group about hosting this simple event and where to place the "TOOLS" for this project. Find a central, location with easy access but not too busy that it will be in the way. People will be encouraged to stand and look at the opportunity for kindness and the results.

STEP 2:

Schedule the date for your event and let everyone involved know you'll be "encouraging kindness" that day. Consider adding some other fun add-ons or providing music, treats, or casual attire. November 13th is the official World Kindness Day but any day is a good day to be kind!

STEP 3:

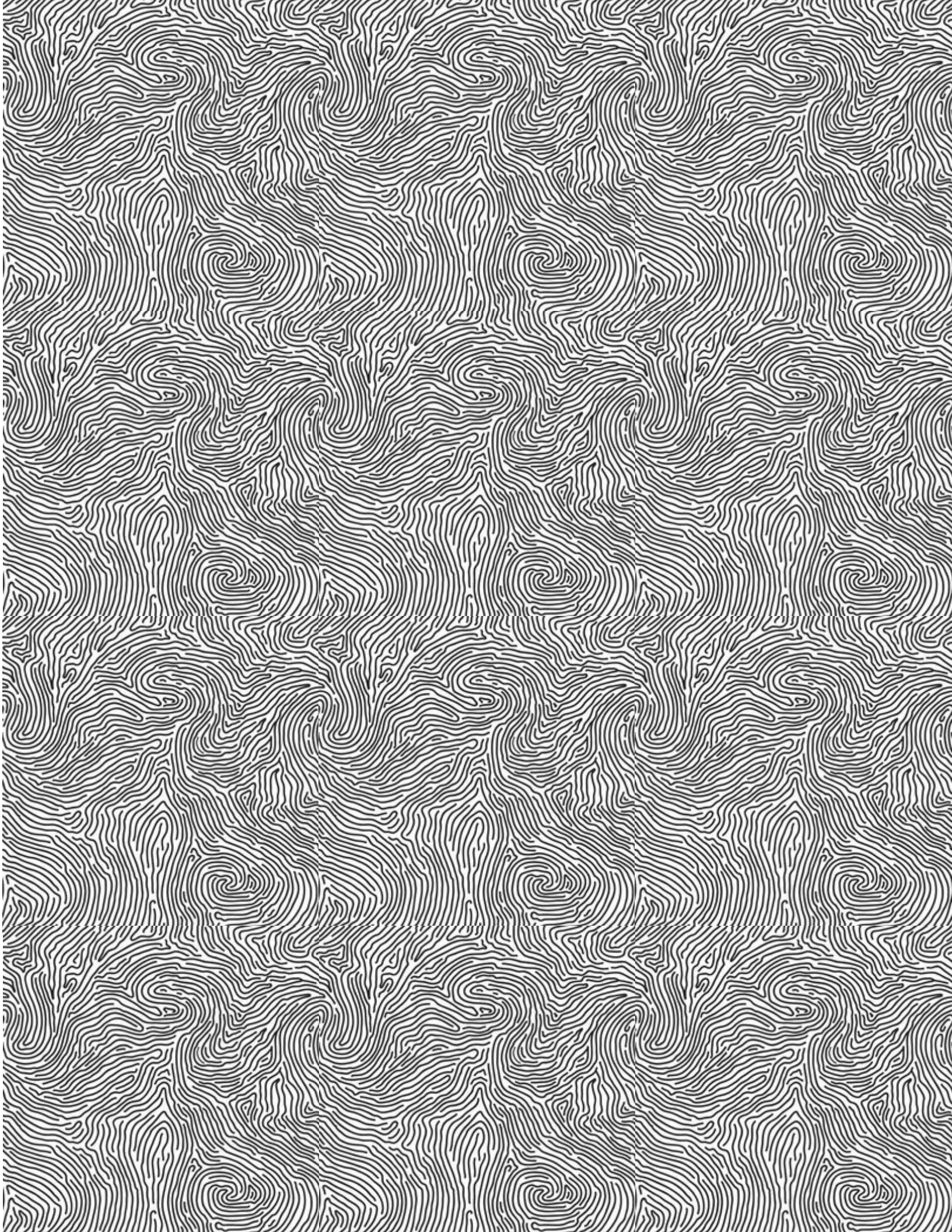
Get the supplies you'll need: a table, access to a copier/printer, post-it-notes, pens and poster board. This PDF has the cards you'll need to print.

1. **Kind Fingerprint Cards:** Use card stock paper because these are printed on BOTH sides. Once printed, cut so that the message "Thanks for leaving your kind fingerprint on the world" is centered on the card. Place these in a container or box with the "SEE KINDNESS" sign.
2. **Kind Act Cards:** If possible, purchase colorful card stock paper and print a set on each sheet. Print enough for your group (approximately 1 sheet for every 6-10 people). After they are printed, cut along the dotted lines so you have individual cards. Place them in a container or box so they don't fall all over the floor and label with the "DO KINDNESS" sign. You don't have to put them all out at one time. Consider replenishing them throughout the day.
3. **Kindness Wall:** Put up a poster or banner and label it "Kindness Wall" or "Share Your Kind Act" or something your group finds inspiring. Also check out the "Kindness Wall" program on <https://medium.com/kindlab/building-walls-to-take-down-barriers-181ecb321945>.
4. **Print signs** for boxes and place them on the corresponding box.
5. **Encourage Participation:** Let everyone in your organization/group know about the initiative. Send out emails, post signs and consider having people at the location to actively encourage participation.

STEP 4:

Hold your event! Set out all your supplies and encourage people to take and use the cards to SEE kindness and DO kindness but then also SHARE those things they noticed or did on your Kindness Wall. Take pictures throughout the day (or week) and ask people to post them to social media and on the 3-Step Kindness page on www.Kindness.org.

Share your experiences with your customers or circle of influence to show how kindness matters to your group. And definitely let Kindness.org know what happens because they do research on the impact of kindness. Then give yourself a pat on the back for having done another kind thing!



Open the door for someone	Pick up litter as you go about your day	Share a warm smile	Say hello to a stranger
Compliment someone (in person or on social)	Be mindful of opportunities to help someone	Help a neighbor	Do a good deed for someone
Pay a strangers way	Give a hug	Give an occasion-free gift to a loved one or coworker	Plant postcards of positivity
Send a kind note to someone	Thank someone who made a difference in your life	Recycle or reuse something you didn't know you could	Spend time with an elderly relative, neighbor, or resident of a retirement community
Help clean up a mess you didn't make	Share or teach your favorite interest or talent	Encourage someone	Tell someone they're awesome
Volunteer your time	Tell a joke or make someone laugh	Call grandparents	Feed the birds or identify kindness in the wild
Point, click, and donate to a worthy cause	Share a meal with someone who usually eats alone	Share a good book or read to someone	Get on a first-name basis with more people
Let someone go first	Fix something for someone	Reconnect with someone (in person or on social)	Help someone with their shopping bags

SEE KINDNESS

Take several of these "Kind Fingerprint" cards and be a "Kindness Ambassador" by handing a card to someone when you notice that they have done a kind act. When you witness someone being kind you are often equally impacted!

DO KINDNESS

Take one or more of these "Kind Act" cards and commit to doing this thing in 24-48 hours. When you complete the kind act, consider giving it to the person you were kind to and asking them to "Pay-It-Forward."

Don't be limited by these suggestions, consider creating your own "Kind Act" card.

SHARE KINDNESS

Write on a post-it-note any kind act you have done, seen someone do, or plan to do. Post it above. Take time to read some of the other kind acts that have been shared and be inspired! Post your kind act to social media and consider including a photo.

Share on www.acts.kindness.org/initiatives and see what kind acts people around the country are doing!

SUPPLEMENT YOUR KINDNESS PROGRAM

Here are some great ideas to share kindness and carry it along throughout the year:

- PassAlong Gifts – These are pay-it-forward cards and gifts that are re-gifted over and over with an online tracking feature. www.PassAlongGifts.com
- Laughter Yoga - Intentional laughter has health benefits both physically and emotionally. Join a free laughter call on Mondays. For details go to www.LaughHealthy.com
- Kindness Travels – Stop bullying and teach kindness with these books and activities for children. www.KindnessTravels.com
- Inclusivi-Tee – Wear kindness with environmentally friendly T-shirts and gifts that broadcast this message whenever they are used. www.Inclusivi-tee.com
- Kindness Kit: <https://thingamagift.com/gifts/random-acts-of-kindness-kit-2/>

RESOURCES & WEBSITES DEDICATED TO KINDNESS

Check out these great organizations that are working to spread kindness:

- www.Kindness.org
- www.RandomActsofKindness.org
- www.SpreadKindness.org
- www.KindnessEvolution.org
- www.Kindleigh.org
- www.kindness-matters.org
- www.HeartatWorkonline.org
- www.goldenruleproject.org