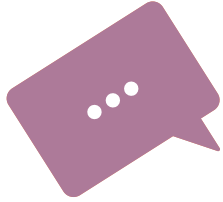




SIMPLE WAYS TO SHOW Kindness



Looking for ways to celebrate World Kindness Day?
Here are a few small and simple ways you can
make a big impact on someone's life.



Hold the door open for someone.

Smile and wave at someone who looks down in the dumps.

Send an uplifting or complimentary text to a loved one.

Make a treat for a neighbor.



Give your parents a hug.



Tell someone one of their strengths.

Offer your help to a friend or sibling.

Call someone you haven't spoken to in a while.

Give a sincere compliment to a stranger.

Leave positive notes around the house.



Can you think of another small and simple way to show kindness to someone?

Did you do something kind today? What did you do?
