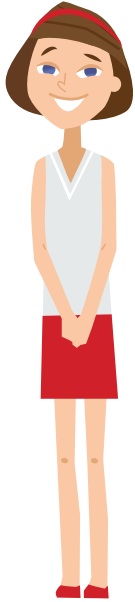




American Heart Association.

# 15 WAYS TO BE KIND

Being kind to others not only makes them feel good, it makes YOU feel good too!



1

Smile and make someone's day a little sweeter

2

Just listen

3

Help clean up, without being asked

4

Draw a nice picture for someone

5

Make someone laugh

6

Include others as you work or play

7

Say thank you

8

Help someone when you see they need it



9

Donate food, clothing or toys

10

Set the dinner table



13

Let someone go ahead of you in a line

11

Pick up trash

12

Sit next to someone who is alone

14

Write an encouraging chalk message on the sidewalk

15

Hold the door open for someone

