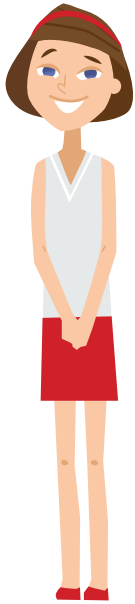




American
Heart
Association.

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

11

Pick up
trash



12

Sit next to
someone
who is alone

13

Let someone
go ahead of
you in a line



14

Write an encouraging chalk
message on the sidewalk



15

Hold the door
open for someone

