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