



**Everyday Kindness!**

Write down or draw one thing or experience that you are grateful for and post it on the bathroom mirror.



**Everyday Kindness!**

Compliment the person who is next to you in class, on the train, at work, in line.



**Everyday Kindness!**

Help clean up around the house - ask, "What can I do to help today?"



**Everyday Kindness!**

High five a classmate, a friend, a coworker, or someone who looks they need it.



**Everyday Kindness!**

Smile at everyone you pass in the hallway at school or work, or wherever you are today.



**Everyday Kindness!**

Leave a kind note in a neighbor's mailbox, on a coworker's desk, or in a public space, such as "You are amazing!"



**Everyday Kindness!**

Say "Thank you!" to someone today.



**Everyday Kindness!**

Call or text a relative and say, "I was thinking about you. How are you?"



**Everyday Kindness!**

Pick up litter as you walk to school or work, or through the hallways.



**Everyday Kindness!**

Tell a friend one thing that you admire about him or her.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Lend a helping hand to someone, such as holding the door or carrying bags.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Send a thank you email to someone who has helped you at some point in your life.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Let the person behind you in line go before you.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Silently send kind wishes to people as you pass by them -  
May you be happy.  
May you feel joyful.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Take a moment to think of one person who you are happy to have in your life right now.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Look at yourself in the mirror, smile, and say something nice to yourself.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Smile and say "hello" to someone sitting alone at lunch or recess; or to someone who you see a lot but do not know.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Take a moment and think of one thing that makes you special.

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Give someone a hug!

A colorful rainbow with seven bands (red, orange, yellow, green, blue, purple, pink) arching over the text.

**Everyday Kindness!**

Do something nice without expecting to be noticed or to receive anything in return.



**Everyday Kindness!**

Bring in a neighbor's trash or recycling can from the street.



**Everyday Kindness!**

Take 5 minutes to go outside and connect with nature.



**Everyday Kindness!**

Record a video message for a faraway friend or family.



**Everyday Kindness!**

Choose an object like food or piece of clothing. Think of all the people who were involved in making this object. Quietly thank them.



**Everyday Kindness!**

Choose your own act of kindness today and share it with someone.



**Everyday Kindness!**

Leave a thank you note in or on the mailbox for the postal or delivery person.



**Everyday Kindness!**

Help a friend or a sibling with homework, or a coworker with a task.



**Everyday Kindness!**

Wave and smile at two people today



**Everyday Kindness!**

Take the time to really listen today.



**Everyday Kindness!**

Say "Good Morning!" to as many people as you can.

