## KINDNESS IS CONTAGIOUS

Spread it far and wide.





## In a world where you can be anything, BEKIND





## Be the reason someone smiles today.



## KINDNESS MEOWTTERS



Small acts can make a big difference.













Just do the best you can. We're all human. Unless you are a cat.



### **EVERY** SINGLE DAY IS A FRESH **BEGINNING**





### NO TIME AGO IN A GALAXY NOT FAR AWAY STUDENTS CREATED A SAFE, CARING ENVIRONMENT BY TREATING EACH OTHER WITH GREAT KINDNESS AND RESPECT.



Be the light in someone's darkness.

#ShineTheLight



SCAN ME

# Who feels better when people are kind?

Let's be honest, we all do!





## BETHE LIGHT for someone today.

You don't have to go as extreme as this guy (though he does make us smile). You could just offer someone a compliment or reach out to a friend that seems down.





YOUR KINDNESS IS CONTAGIOUS.

### **KINDNESS CHALLENGE:**

Give a compliment to someone today!

It will make them feel good and

it will make you feel good, too!





### **KINDNESS CHALLENGE:**

Today, find people who are alone and reach out to them to include them or invite them to join you in activities or conversation.





### **KINDNESS CHALLENGE:**

Today, smile at someone you don't know very well.

