



# Kindness Practices

**Take an ecological approach to your kindness practice.**

This means extend kindness in your personal relationships at home and with your family, but also consider your other environments such as friends, co-workers, school, neighborhood, and community. And, don't forget **YOURSELF!**

## Try This!

### Self & Home

- Be encouraging
- Use positive self-talk
- Stop comparing yourself to others
- Forgive someone
- Complete someone's chores
- Help someone without being asked to help.
- Include others in your play or projects
- Leave a kind note for a family member to find
- Put your phone away and listen with intent when someone is speaking to you
- Serve breakfast in bed

### Neighborhood

- Mow someone's lawn
- Offer to watch someone's pet
- Organize a neighborhood block party
- Bring a welcome gift or treat to a new neighbor
- Offer to get someone's mail while they are away
- Smile at people as you pass them on your walk
- Shovel someone's driveway or sidewalk
- Write a fun note on the sidewalk with chalk
- Pick up trash when you go on a walk
- Visit an older person

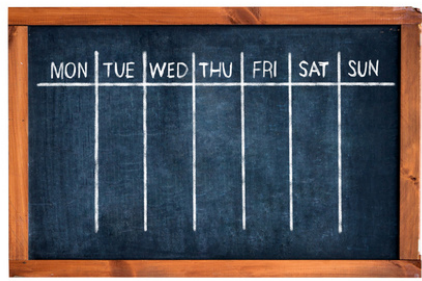
### School/Work

- Get to know a new co-worker
- Organize a charity drive in your workplace
- Give recognition at school, in a meeting, or on a Kudoboard
- Help someone who is struggling with a task that you are good at
- Tell a co-worker's boss about the worker's success
- Send a card or note to someone telling them why they are special
- Plan time for personal connections during virtual meetings
- Celebrate birthdays or other milestones at work

### Community

- Ask for a nonprofit donation for a birthday or anniversary gift
- Bring treats to a firehouse or police station
- Donate hair (i.e. Locks of Love)
- Leave a generous tip at a restaurant
- Let someone check out in front of you at the grocery store
- Leave a kind note in a book for someone to find
- Leave a thank-you note or treat for your letter carrier or delivery person
- Send letter, card or packages to military personnel
- Shop from a locally owned business
- Pay for someone's meal or coffee





# Kindness Practices Weekly Plan

*Try This!*

Select a kindness practice for each day of the week. Record it here as a reminder. Follow your plan this week. Then repeat each week for 4-6 weeks.

<b>SUNDAY</b>	
<b>MONDAY</b>	
<b>TUESDAY</b>	
<b>WEDNESDAY</b>	
<b>THURSDAY</b>	
<b>FRIDAY</b>	
<b>SATURDAY</b>	



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