



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

