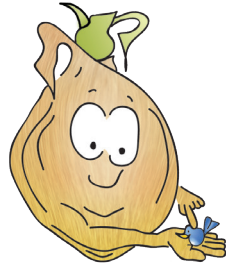


# How To Make Everyday a Day of Kindness



- Say something nice to someone today.
  - Say thank you to someone who cares about you.
  - Pick up trash that someone left behind.
  - Hug someone who seems to need it.
  - Say please when asking for something.
  - Say thank you when you receive it.
  - Say sorry when you hurt someone...and mean it.
  - Think of things you really like about yourself.
  - Keep your things tidy and clean.
  - Make your room or space special.
  - Watch a movie or TV program that is loving or funny.
  - Pet your animal if you have one.
  - Share your things with friends.
  - Appreciate learning even if it's hard.
  - Open doors for people.
  - Listen when others are speaking.
  - Talk respectfully.
  - Let someone go ahead of you in line.
  - Laugh.
  - Compliment others constantly.
  - Take time for yourself.
  - Embrace someone new at school or work.
  - Be interested in others.
  - Be grateful for what you have.
  - Be determined to grow.
  - Be caring to all living things.
- Never be afraid to show love...it is what the world needs most.