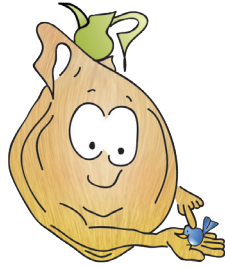


How To Make Everyday a Day of Kindness



- 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.