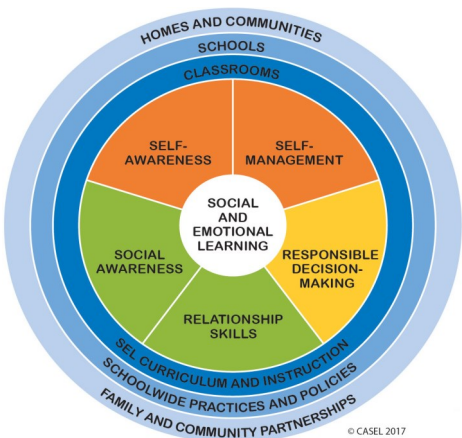




BE KIND

Image by Klimkin from Pixabay



Kindness is, “being generous, helpful, and caring about other people, or an act showing this quality.” (Cambridge Dictionary) Practicing kindness means consciously, intentionally, and regularly engaging in acts of kindness. Choose an act below and commit to doing it this week. Notice how it makes you feel. **Don’t forget to tear off the strip so we can watch these acts of kindness happen!**

Acts of kindness encourage Relationship Skills, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel



New York State Education Department, Office of Student Support Services

- Bring flowers to someone for no reason.
- Admit you were wrong.
- Compliment three people in one day.
- Post inspirational sticky notes around your office or home.
- Learn something new about a co-worker.
- Surprise a neighbor with homemade treats.
- **Cut from bottom to dotted line to create tear strips. Remove this strip before posting to illustrate use.****
- Be kind to *yourself*! Spend at least 30 minutes on self-care today.
- Write a thank you to our maintenance, security and/or cleaning teams.
- Put your phone away for an entire meeting.
- Write to a former teacher who made a difference in your life.
- Congratulate someone on an accomplishment.
- When you catch yourself being unkind to you, tell yourself *you* deserve kindness, too.
- Eat lunch with the newest member of your office.
- Donate old towels and blankets to an animal shelter.
- Organize a charity drive in your office.
- Post on a friend’s social media account how much their friendship means to you.
- Give away stuff for free on Craig’s List or Facebook.