# Observing and Doing Kindness

Refer to the ideas below or come up with your own idea on how kindness is shared. In either order:

## Observe

an act of kindness – describe it, explore how this act made you feel. Explain how the act of kindness can relate to empathy.

## Do

Do an act of kindness – describe it, identify the type of relationship you have with the receiver (i.e. whether it is someone close to you – a family member, friend or someone you do not know well – a complete stranger, the coffee barista or store clerk), explore how this act made you feel and how you think it made the other person feel. Explain how this act of kindness can relate to empathy.

# World Kindness Day Activities

Have you ever heard of World Kindness Day? It's an international day of kindness, recognized by countries around the world, that encourages everyone to look beyond the boundaries of race, religion, and politics and to appreciate the humanity in all of us.

World Kindness Day is a great day to practice kindness, whether it's towards your family members, your friends, your coworkers, or strangers.

Aside from all of the other activities and exercises described in this piece, The Random Acts of Kindness Foundation lists 10 fun and easy activities you can do to celebrate World Kindness Day.

The 10 random kindness activities include (The Random Acts of Kindness Foundation, 2013):

1. Compliment the first three people you talk to.

2. Write a hand-written note to a teacher.

3. Say good morning to the person next to you on the elevator (/bus/subway/street).

4. Pick up litter. Spend 10 minutes cleaning a park or your neighborhood.

5. Place uplifting notes in library books, on restroom mirrors, on someone's locker, or on their computer screen.

6. Dedicate 24 hours to spreading positivity on social media.

7. Hold up inspiring signs during rush hour.

8. Leave a generous tip.

9. Send flowers to a friend.

10. Set an alarm to go off three times on World Kindness Day. When the alarm sounds, stop what you're doing and call/text/email someone simply to tell them how awesome they are.