“If you want others to be happy, practice kindness. If you want to be happy, practice kindness.”
—The Dalai Lama

1. It’s #StressAwarenessMonth. Bring awareness to your stress levels by taking 7 minutes to do a simple yoga exercise or 2 minutes to do a deep breathing exercise.

2. Create a gratitude jar and fill it up with things you are grateful for.

3. It’s #WorldAutismDay. Learn more about how you can help our friends at Chapel Haven by visiting www.chapelhaven.org.

4. Place reusable bags by your door or in your car for the next time you go grocery shopping.

5. Pick a country you know nothing about and read more about it.

6. Smile at everybody you see. It’s contagious (even with a mask on).

7. Make a list of kind actions you have seen in your community lately.

8. For #WorldHealthDay, remember that kindness is good for our physical and mental health!

9. Be patient with yourself today.

10. Share words of encouragement with someone who is trying something new.

11. Think about two actions you can take towards a personal goal.

12. Leave snacks and water outside your home for your delivery driver.

13. Pick up three pieces of trash that you see.

14. Donate outgrown clothes or unused household items.

15. Tap into your creative side! Create a kindness-themed painting, drawing, or art project! #WorldArtDay

16. Tape change to a parking meter.

17. Revisit your gratitude jar and savor the things you’re grateful for.

18. Write a Kind Note to your manager and/or teacher.

19. Congratulate someone for a small achievement.

20. Learn more about your favorite native plant.

21. Learn something new about a coworker or classmate.

22. Write Thank You Notes to first responders.

23. Showing kindness towards the Earth & its creatures creates a huge impact in our lives and communities. Visit bensbells.org/earth-day to learn more. #Earth Day

24. Take treats to a fire station near you.

25. Take a moment to practice mindfulness & appreciate the nature around you.

26. Say something kind to everyone you speak to today.

27. Offer to help someone who is in a difficult situation, even if it’s just by listening.

28. Teach someone something new.

29. Let go of the small stuff and focus on the things that matter to you.

30. Take a deep breath. Set your intention today to use kindness as a filter for your thoughts, words, & actions.

bensbells.org/tools-for-kindness