"A part of kindness consists in loving people more than they deserve." —Joseph Joubert

1. Pick the same time each day to practice your kindness skills to help make them become a habit.
2. Remember that it is not always easy to be kind. Kindness can take great courage.
3. Smile at someone you don’t know. If you’re wearing a face covering, smile with your eyes!
4. Send an email to a former co-worker to check in on how they’re doing.
5. Enjoy a slice from a local restaurant on National Cheese Pizza Day!
6. For Labor Day, drop off some Kind Notes at a local organization or workplace.
7. Celebrate International Day of Clean Air by walking, riding your bike, or taking the bus.
8. Volunteer at a local non-profit organization. Ben’s Bells has lots of opportunities!
9. Think of one way you can use less water in your home.
10. Reach out to someone you haven’t talked to in a while who could use support.
11. Write down three qualities that make you a kind person.
12. Create a video for a loved one sharing how much they mean to you.
13. Listen to music from a country you know little about.
14. Create or draw a Be Kind picture to hang in your workspace.
15. Take your lunch outside today and have a picnic.

16. Create a spot in your neighborhood for people to leave tokens of kindness or kind messages.
17. Thank a teacher you know for their hard work and dedication.
18. Enjoy the health and mood benefits of music and rock out to your favorite tunes today!
19. Return your cart to the bay the next time you go grocery shopping.
20. Practice listening closely when people share their feelings with you instead of reacting immediately.
21. Consider supporting a local bookstore for your next purchase of books or gifts.
22. Hide encouraging notes on someone’s desk or in their lunchbox.
23. Remember to hydrate! Consider investing in a reusable water bottle.
24. Pack an extra snack in your car to share with someone who may need it.
25. Share with a friend something kind you have done this week.
26. What is one goal you could begin working towards by taking a few small steps today?
27. Visit an outdoor garden or attraction in your city.
28. On National Neighbor Day leave a Kind Note on your neighbor’s front door.
29. Write down three things you learned from the last difficult situation you faced.
30. Practice gratitude toward customer service workers.

bensbells.org/tools-for-kindness