



The Power of Visual Reminders

What is a Visual Reminder of Kindness?



Visual representations of kindness are powerful communication tools that bring attention to kindness and serve as reminders that it's a shared value in your space, thereby inspiring kind behavior and actions. They can range from handmade art to interactive displays to large-scale community installations. The power of visuals in a shared space can set a tone where everyone in your community benefits from kind messaging.

Science of Visual Reminders

Many studies support the power of visuals; visual cues are tangible and beneficial tools that foster successful learning.¹ They help improve memory and recall, and help people understand abstract, complicated, and complex information.² Visuals can also elicit an emotional response that connects learning to the human experience and reminds viewers of shared values in the space or location. In the classroom setting, "Visuals are effective in encouraging students to participate in discussion, as they are engaging them not only at cognitive level, but also at an emotional level."³



Ideas for Creating Visual Reminders

- Use chalk to decorate sidewalks, courtyards, or public spaces with kind drawings and messages. Brighten someone's day with reminders that they're part of a kind community.
- Join the Be Kind Challenge! Showcase acts of kindness by building a chain that grows and grows. Your colorful creation is a great way to practice reflection and gratitude, document acts of kindness, track the growth of your practice with a visual statement, and inspire others.
- Create your own kind art by using the "Be Kind" flower in drawings, paintings, etc. to hang in shared spaces, or that you'll see regularly as you go about your day.
- Create your own "Be Kind" mural that can be enjoyed together as a community. Cut out a large flower on cardboard and glue black and green recycled materials (bottle caps, paper scraps, lids, etc.) to form a "Be Kind" flower mosaic.
- Draw a picture of what kindness looks like to you using our Kindness Art Inspiration form. Selected designs will be translated into mosaic stepping stones or used in merchandise design that will inspire kindness in others!



Discover FREE tools, crafts, and activities to practice kindness at BensBells.org/Tools

References: 1. Kouyoumdjian, K. (2012, Jul 20). *Learning Through Visuals: Visual imagery in the classroom*. *Psychology Today*. Retrieved from <https://www.psychologytoday.com/us/blog/get-psyched/201207/learning-through-visuals>. 2. Dunlap, J.C. & Lowenthal, P.R. (2016). "Getting graphic about infographics: design lessons learned from popular infographics." *Journal of Visual Literacy*, 35:1, 42-59, DOI: 10.1080/1051144X.2016.1205832. 3. Ulusoy, E. (2019, November 22-23). *Importance Of Visuals In Class Discussions*. *Critical Conversations and the Academy*, University of Miami, Miami, FL.

