

YOU'VE JUST BEEN

RAK'ED!!

(RANDOM ACT OF KINDNESS)

be
KIND
TO OTHERS.

The Kindness Wave™



Start a ripple... Create a wave.
It begins with YOU!

From: _____ To: _____

Because:

Now it's your chance to do something nice for someone else...



BE KIND TODAY. HERE ARE SOME WAYS:

- * Smile to a stranger.
- * Hold the door for someone.
- * Leave an anonymous thank-you note for a friend, a teacher...
- * Write a kind thought on a post-it and put it in a public place.
- * Pay for someone's drink at the break.
- * Call your grandparents on the phone.
- * Talk with a new student at the break.
- * Give someone a compliment.
- * Help make dinner at home.
- * Make a craft for someone you love.
- * Forgive someone you are mad at.
- * Offer a hug.
- * Play with your brother/sister.

... and PASS KINDNESS ALONG with this card!