

FREEDA'S FOOTSTEPS

KINDNESS FROM A to Z



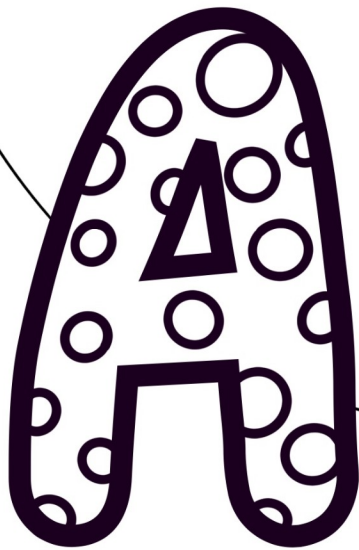
ADOPT a pet

Make some **ART** for someone

Do something AWESOME

APOLOGIZE TO SOMEONE

ALWAYS be kind to **ANIMALS**



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BE a good friend

Look for the BRIGHT side

BAKE cookies and share with a friend

Make someone a kindness BRACELET

HELP STOP BULLYING



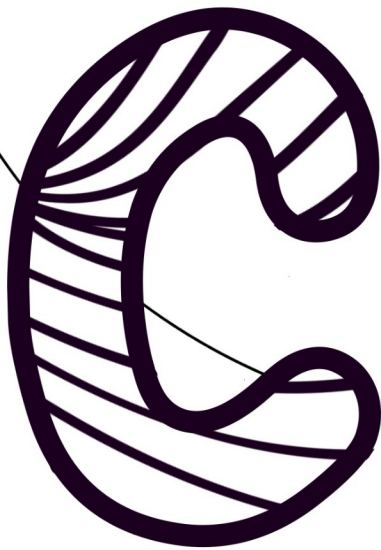
Help CLEAN up

Do a CHORE for someone

CALL someone to say hi

DO SOMETHING TO HELP YOUR COMMUNITY

Give someone a COMPLIMENT



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DONATE to a good cause

Help someone achieve their **DREAMS**

DO something nice for someone

Develop **the habit of always being kind**

DO a good **DEED**



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ENCOURAGE someone

Have EMPATHY for others

Always set a good **EXAMPLE**

EVEN a small act of kindness can change someone's day

EVERY act of kindness matters

If you have EXTRA ... share



FORGIVE others

FIND new ways to be helpful

Plant some FLOWERS

FEED THE BIRDS AND SQUIRRELS

Include others in FUN activities



GIVE a little GIFT

Be GENTLE with others

GO the extra mile to do something nice

Send a GET WELL card

Do something to make a friend GLAD



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Spread HAPPINESS

HOLD the door open for someone

Assist someone who needs some **HELP**

Greet friends with a smile and a **HELLO**

Leave **HAPPY** notes for others



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INVITE a friend over

INTRODUCE someone to your friends

INCLUDE others in your activities

Don't INTERRUPT others when they are talking

INSPIRE others to be kind



JUST be your (kind) self

TELL A JOKE TO CHEER SOMEONE UP

Add some JOY to someone's life

Ask friends to JOIN in when you are having fun

BE JOYFUL



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Share KNOWLEDGE

Find reasons to give people KUDOS

Treat everyone with KINDNESS

KEEP a positive attitude

Always be KIND-HEARTED



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Don't LITTER

Send a LETTER to a friend

MAKE SOMEONE LAUGH

LET someone help you

Be a good LISTENER



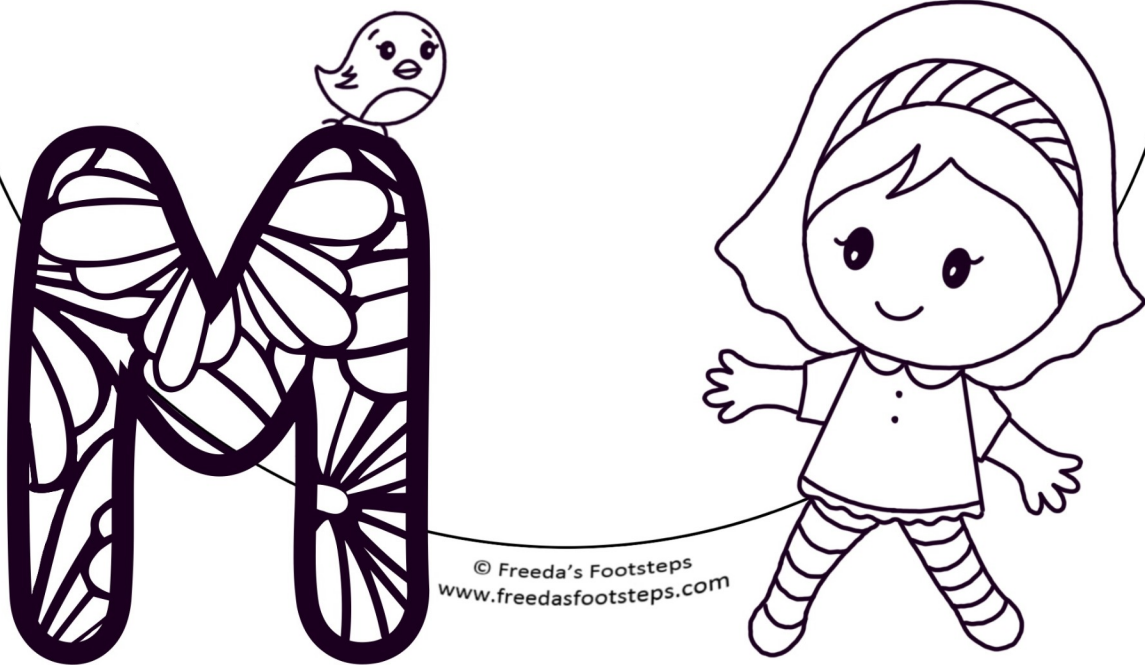
Be a MENTOR

Share good MEMORIES

MAKE a list of kind things you can do

LET SOMEONE KNOW THAT THEY MATTER

MAKE a difference in someone's life



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Do NICE things for others

Be a good NEIGHBOR

Leave kindness NOTES for others to find

NEVER pass up an opportunity to be kind

NOTICE all the good around you



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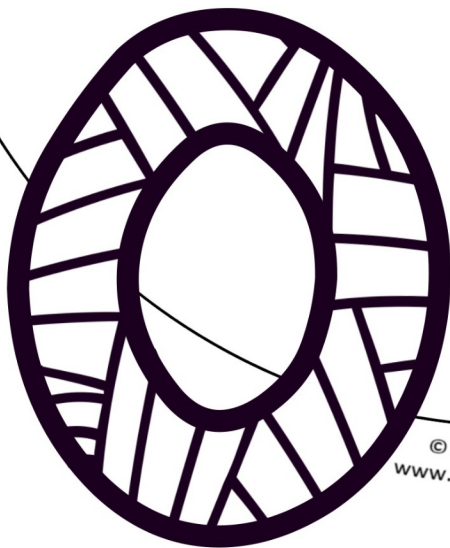
Be OPEN-MINDED

ORGANIZE a kindness club

OPEN the door for someone

OVERWHELM the world with kindness

Stay OPTIMISTIC



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Be PATIENT
Stay POSITIVE
PRACTICE kindness daily
PAY attention to others
PLANT a tree



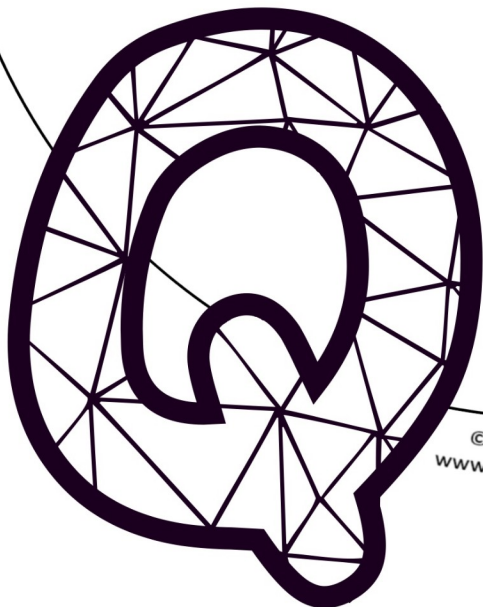
Answer QUESTIONS with kindness

Kindness is a great **QUALITY** to have

There's nothing **QUITE** like kindness

Kindness makes things better **QUICKLY**

QUADRUPLE your kindness!



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Do a RANDOM act of kindness

RESEARCH new ways to be kind

REACH out to a friend who is feeling down

Do a favor for someone without expecting something in RETURN

RESPECT other people's feelings



Give someone a **SMILE**
SEND a note to cheer up a friend
Always **SAY** please and thank you
Even a **SMALL** act of kindness matters
SURPRISE someone with kindness
Make **SOMEONE** feel **SPECIAL**



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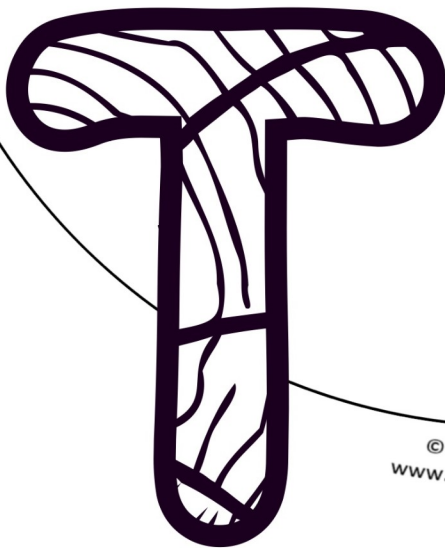
Be THANKFUL

Do a TASK for a friend

Be a member of "TEAM Kindness"

Keep your words kind and TACTFUL

Give a TREAT to someone

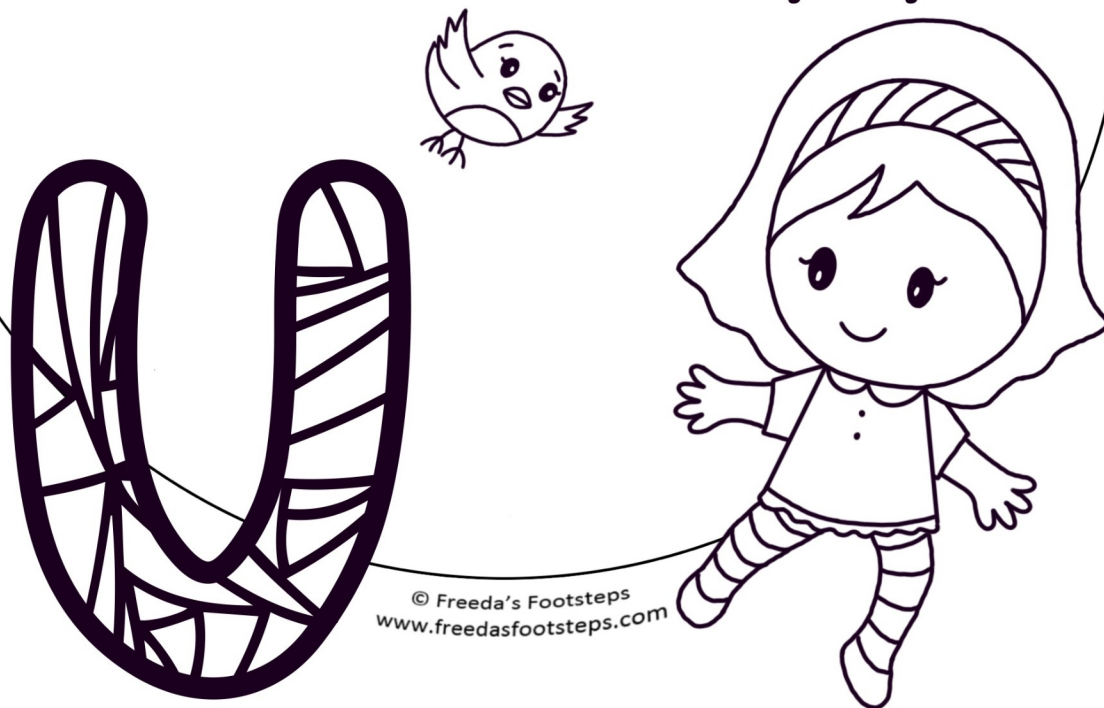


Cheer UP a friend
USE kindness for good

Treat everyone with kindness and UNDERSTANDING

Never UNDERESTIMATE the power of kindness

Kindness is the **ULTIMATE** super power



Kindness is a VIRTUE

BE VERY KIND TO OTHERS EVERY DAY

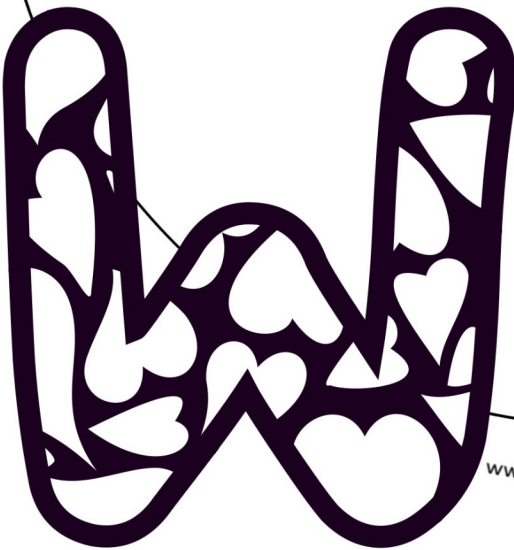
Speak up ... be VOCAL about kindness

Focus on your VISION of helping to create a kinder world

Be VIGILANT about keeping your words kind



WRITE a list of kind acts you can do
WATCH what you say...keep it kind
Be kind even when nobody is WATCHING
Plan an "acts of kindness" WEEKEND
Go for a WALK with a friend



Try to set a good **EX**AMPLE
Kindness makes the day **EX**TRA special
Help a friend with a project they are EXCITED about
EXTEND kindness and understanding to others
EXPLORE new ways to be kind



YAY FOR KINDNESS!

Be kind to YOURSELF too!

Say YES to being kind every day

Keep YOUR words and actions kind

Be kind every day of the YEAR



ZAP the world with kindness

Focus on doing **ZERO** unkind things every day

Together, we can do a **ZILLION** acts of kindness

KINDNESS CAN BE SILLY, ZANY AND FUN

Start each day with a **ZEST** for kindness



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