

take

10

stretch 

walk 

strength 

mindfulness 

kindness 



Kindness Activity Guide

Directions

- + Take time to conduct a spontaneous gesture of goodwill towards someone or something using the ideas provided below.

Benefits

- + Releases feel-good hormones.
- + Eases anxiety
- + Good for your heart.
- + Reduce stress.

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Random Acts of Kindness

-  Smile
-  Hold the door open
-  Give an honest compliment
-  Thank someone who you appreciate
-  Be a good listener
-  Pick a day and not complain
-  Offer your help to someone
-  Ask the person who's serving you how their day is going
-  Treat someone to a coffee or tea
-  Let someone go past you in the grocery store line
-  Send flowers or chocolates to a friend out of the blue
-  Write a letter to someone