

Are you up for the Great Kindness Challenge?

January 25th-29th

- Compliment 5 people, if possible, if front of others
- Write a loving note to a family member
- Call a family member for no reason
- Have a family meal without any technology at the table
- Surprise a co-worker
- Tell yourself one good thing about yourself every morning this week
- Ask one child what kindness means to them and share that with a colleague or friend
- Write, draw, make, or buy something encouraging for a colleague who is experiencing difficulties
- Share on social media one or more of the kind deeds your co-workers have done with the hashtag #DignityHealthGKC
- Make someone laugh
- Share a humankindness story at hellohumankindness.org
- Leave a piece of chocolate on the people in your department's desk
- Treat somebody to lunch
- Learn something new about someone
- Send a thank you note
- Help a neighbor
- Pick up trash
- Every night before you go to bed, think of three things you're grateful for
- Smile at people you pass
- Reflect on what kindness means to you
- Play with a kid
- Adopt a soldier, senior, college student, or a pet
- Bring flowers to someone
- Help someone with their yard work
- Help a child learn something; anything
- Spend quality time with someone
- Donate one dollar
- Speak kindly
- Pay for someone's coffee
- Visit someone who is lonely
- Create something
- Attend a community event
- Cook a meal for someone, even for yourself
- Learn and support someone's dreams
- Offer help
- Allow someone to help
- Leave a treat for your mailperson
- Listen. Don't interrupt.'
- Say yes to someone
- Give someone the benefit of the doubt
- Check in with someone
- Let another car merge in front of you, or stop to let a pedestrian cross the street.
- Offer to pick up groceries for an elderly neighbor
- Say "I love you" to someone you love
- Pass along a great book
- Give someone a hug
- Empathize
- Text someone just to say good morning or good night
- Be encouraging!
- When you hear that negative, discouraging voice in your head, remember to leave yourself alone — you deserve kindness too.



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Hello humankindness™