

# Act of Kindness

Throw Kindness Around Like Confetti!!

Being kind not only helps someone else feel good, but it helps you feel good too! Here's a simple and quick way to brighten someone's day!

Find a stack of (purple) sticky notes. Write positive statements on them to support, inspire and empower whoever reads them. Post the sticky notes anywhere that could use some kindness! You could put them in an office, on a locker, in a bathroom, at a bus stop, in a hallway or even hidden around your town.

Some examples of what to write on your sticky notes...

- You know who's awesome? Read that first word again!
- You're amazing! Pass it on.
- The world is a better place with you in it.
- Choose to make today great!
- You're perfect just the way you are.

Be the reason someone smiles today! Practice wellness and kindness & feel the difference.

Share pictures of how you are throwing kindness around on social media with the hashtags #wellnessweekwithherren #actofkindness. We might just repost your pic!

