

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #40: CREATE A KINDNESS BOARD



Famous writer, Mark Twain, once said, “Kindness is a language which the deaf can hear and the blind can see.” Everyone can express kindness, as well as appreciate receiving kindness from others. Kindness is a way to express compassion for one another.

Compassion is defined as understanding the feelings of others and taking action to help them in some way. We can show compassion by doing kind acts for others. There are simple things we can do on any given day, such as sharing jokes to make others laugh, reminding others we love them, and being an active listener by paying full attention in a conversation. When in person with others, we can hold the door open, ask people how they are doing, or offer to help. Today, spend a few minutes brainstorming ways you can show compassion through kind acts and create a kindness board.

Practice Compassion Today:



1. GRAB SOME STICKY NOTES OR CUT OUT SQUARES OF PAPER AND GET TAPE.
2. ON EACH STICKY NOTE OR PAPER, WRITE DOWN ONE KIND ACT YOU CAN DO FOR OTHERS. THEY CAN BE GENERAL, SUCH AS “I WILL SMILE AT AS MANY OF MY LOVED ONES AS I CAN TODAY” OR THEY CAN BE SPECIFIC TO A PERSON.
3. CREATE SOME STICKY NOTES OR PAPERS WITH KIND ACTS YOU CAN DO ONCE WE ARE NO LONGER SOCIAL DISTANCING.
4. ATTACH ALL YOUR NOTES TO A LARGE PIECE OF PAPER OR TO A SECTION OF THE WALL IN YOUR BEDROOM.
5. DECIDE HOW OFTEN YOU WILL COMPLETE ONE OF THESE ACTS AND MARK EACH KIND ACT AS YOU COMPLETE.

Parent Practice Tip:

Encourage your child to brainstorm as many kind acts on their own to see what they can come up with and provide suggestions as you see fit.

To Learn More:

[Video to Inspire Kindness](#)

[Kindness Quilt Read Aloud Story](#)

[What is Compassion?](#)

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