What is kindness?

Kindness is sharing the best parts of our hearts with those around us.

Kindness is seeing the good in others and celebrating it.

Take time to share random acts of kindness this month; be creative and have fun practicing kindness.

Celebrate Random Acts of Kindness Day on February 17.

Kindness matters.

Kindness is teachable and contagious

Kindness benefits us by:

- Increasing our happiness and improving our mood.
- Helping us cope and reducing worry and stress.
- Connecting us to others in a positive way.

Research shows kindness helps students be more respectful, empathetic, and positive about school.

Tips to help your family nurture kindness

Talk with your children about ways to show kindness.

Practice and role model kindness at home.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other through sharing good things that have happened.

Random Acts of Kindness - Ideas

Paint positive messages on rocks and leave them around the neighborhood.

Help someone with a chore.

Spend time with people you care about.

Be a friend to the new kid at school.

Start a Random Acts of Kindness challenge in your family or school.

MORE RESOURCES

Random Acts of Kindness
RAK Health Facts
Help in Tough Times

Information on mental health, community supports, programs and services in your area:

MyHealth.Alberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

811 **Health Link**
Health Advice 24/7

Alberta Health Services