

# Simple Acts of Kindness that Make a Lasting Difference + New Term – New Possibilities

"Be kind whenever possible. It is always possible" – Dalai Lama

## Simple Acts of Kindness That Make a Lasting Difference

Josh moved from school to school facing what seemed like the same bullies over and over again. BUT instead of retaliating, how he responds changes everything. See his story. . .

Josh Opening Doors and Hearts:

<https://www.youtube.com/watch?v=PIHtuKc3Gjg>

Roughly 1 in 4 students have reported being bullied, from elementary to high school. And now with social media, the bullying doesn't just stop at school, but follows these teens home.

Josh's inspirational story gives us a new take on facing bullies, and the impact that one simple act of kindness and generosity can have – not only on his life, but the entire culture of his school and community.

A must share with all our youth.

Acts of kindness change lives. When we are kind to others, we are kind to ourselves. We fill their love tanks, while filling ours. Acts of kindness can also inspire others to do the same, and can ultimately change culture.

Fostering kindness, generosity, and thankfulness in who we are and what we do, can break down barriers, bring freedom, restoration, joy and new opportunities.

What acts of kindness could you do today?

**"How do we change the world?  
One act of kindness at a time".** Morgan Freeman

## Resource Activities

We have created some guidance to help girls / anyone begin to take simple steps towards a life of kindness. As well as some great initiatives that you could take into your spheres of influence. Enjoy and see how kindness can change lives and culture.

- Kindness Brainstorm (page 2)
- Spread a Kind Word to Be Found (page 2)
- Culture Changing Post-its (page 2)

# Simple Acts of Kindness that Make a Lasting Difference + New Term – New Possibilities

## Resource Activities Cont.

Watch Josh's inspirational film.

How can you go above and beyond like Josh did? What simple acts of kindness can you do today?

### Kindness Brainstorm

Get into groups and brainstorm different kind, generous, encouraging acts you could do individually or together. Think about what would inspire and encourage you? What would be helpful if you were feeling down? What would put a smile on your face?

Then pick one or a few to do to start. Make a plan if you need to. Go out and spread kindness.

### Spread a Kind Word To Be Found

Leaving kind messages for other people to find and be encouraged.

Instructions:

- Grab a post-it or nice piece of paper.
- Write a kind/encouraging message.
- Leave it for some to find.
- Then trust it is found at exactly the right moment by the perfect person.

Some good spots to leave your message:

- Desks
- Public walls
- Bus stops
- Bathroom stall / mirrors
- Library books
- Grocery carts
- Train/Bus seats
- Car windshields
- ATMs
- Any tiny spot someone might stumble upon

### Culture Changing Post-its

On a public wall (preferably inside) of your school, community centre, home, or wherever you choose, set up 2 boards.

On one, write, 'Take What You Need' across it, on the other write, 'Give What You Can' across it.

Then on post-its write things that people can take/give like, hope, trust, joy, comfort, fun, love, rest, motivation, freedom, help, peace, courage, life, encouragement, kindness, generosity, etc.

Stick these all over the boards, and encourage people to take what they need and give what they can.