

# KINDNESS

The People Project Tool #1



**Kindness is good for our physical and mental health.**  
Science supports the old adage that it IS better to give than to receive.

## Activities for KINDNESS:

1. Buy a cup of coffee for a stranger.
2. Leave a note of encouragement.
3. Be creative with acts of kindness:
  - a. Write a gratitude letter.
  - b. Donate blood.
  - c. Give a meaningful hug.
  - d. Donate to a worthwhile charity.