

KINDNESS DAY - NOVEMBER 13



"If compassion was the motivating factor behind all of our decisions, would our world not be a completely different place?"
-- Sheryl Crow

*"Kind words can be short and easy to speak but their echoes are truly endless."
-- Mother Teresa*

The best-selling book, *Random Acts of Kindness*, helped to start a movement that has spread around the world. The book, and the many books on kindness that followed, helped to highlight the transformative power that each of us has to change the world with kindness, one person at a time.

The Random Acts of Kindness Foundation helps to promote "kindness" by providing inspiration, information, and resources to celebrate kindness throughout the year as well as a special World Kindness Day on November 13, World Kindness Week in November, and a Random Acts of Kindness Week in February.

Others celebrate the first of *every* month as Kindness Day. In this way we begin each month by rededicating ourselves to change the world, one act of kindness at a time. Together we are creating a more peaceful, just and sustainable world through kindness.

The Kind Acts Foundation's website offers educators and parents a free and easy way to create a certificate to reward a child for an act of kindness. (www.kindacts.org)

*"When you are kind to someone in trouble, you hope they'll remember and be kind to someone else. And it'll become like a wildfire."
-- Whoopi Goldberg*

Do One Thing for a Better World

1. Find out more about the power of kindness
2. Use kind words
3. Try to perform an act of kindness each day

Kindness Links

- Blossom International (blossominternational.org)
- Coin-spiracy (investinakinderworld.com)
- HelpOthers.org (helpothers.org)
- Kind Acts Foundation (kindacts.org)
- Kind Acts Network (kindacts.net)
- Random Acts of Kindness Foundation (actsofkindness.org)

DO ONE THING

The Emily Fund - Education, Mentorship, Inspiration, Leadership, Youth for a better world

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