

KINDNESS QUOTES

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

*The 14th Dalai Lama (1935),
Head Monk of The Gelugpa Lineage Of Tibetan Buddhism*

The best part of life is not just surviving, but thriving with passion and compassion and humor and style and generosity and kindness.

*Maya Angelou (1928),
Poet, Dancer, Producer, Playwright, Director, Author*

No act of kindness, no matter how small, is ever wasted.

Aesop, Fabulist

No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many.

Kevin Heath, CEO, More4kids

In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go through your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with.

Brian Tracy (1944), Motivational Author

I have never met a person whose greatest need was anything other than real, unconditional love. You can find it in a simple act of kindness toward someone who needs help. There is no mistaking love...it is the common fiber of life, the flame that heats our soul, energizes our spirit, and supplies passion to our lives.

Elisabeth Kübler-Ross (1926–2004), Psychiatrist, Author

How lovely to think that no one need wait a moment. We can start now, start slowly, changing the world. How lovely that everyone, great and small, can make a contribution toward introducing justice straightaway. And you can always, always give something, even if it is only kindness!

Anne Frank (1929–1945), Diarist

During Older Americans' Month
...and all the year long...

kindness
MATTERS



A CAMPAIGN OF KINDNESS
SPONSORED BY THE ELDER JUSTICE NETWORK
OF THE GREATER NORTH SHORE

THE POWER TO BE KIND IS IN YOUR HANDS.

what random acts of
kindness
will you do to make a
difference in someone's life?

Something as simple as asking a new visitor to the Senior Center to join you for lunch or holding a door open can make a difference in someone's life.

BEING KIND MATTERS.

ACTIVITIES RESOURCE GUIDE

“Love and kindness are never wasted.
They always make a difference.”

—Helen James

KINDNESS MATTERS

Activities Resource Guide

- **Take the Kindness Pledge**

Pledge to be kind for the day/month and receive a cupcake with purple icing or a small giveaway. Encourage your senior center staff to make the pledge to get the process going.

THE PLEDGE

I pledge to myself on this day,
To try to be kind in every way,
To help each person young and old,
To have a pleasant day unfold.
When I love myself and others too
That is the best I can do.

- **Tell Stories About Kindness**

Record older adults' stories about the impact of acts of kindness on them. Play the video or audio on TVs or tape recorders in your center.

- **Encourage “Flash Mob” Kindness Entertainment**

Sing songs about kindness at lunch—encourage seniors to “flash mob”—or surprise—others with their own singing or dancing.

- **Create a “Kindness” Reading Nook**

Develop an area in your center for books about kindness.

- **Set Up a “Kindness Quotations” Bulletin Board**

Start by putting up some of the quotations on the back of this resource guide, then encourage seniors to add their own favorite quotations about being kind or—better yet—write their own inspirational sayings.

- **Create an Art, Music, or Poetry Exhibit About Kindness**

Develop an art installation of pictures depicting acts of kindness; prepare a musical presentation related to kindness (live or pre-recorded); or have seniors read or listen to poetry about kindness.

- **Make a New Friend**

Encourage seniors to connect with someone new at the Center or elsewhere in their lives—strike up a conversation, have lunch together, or simply pay them a compliment!

- **Send/Post Notes of Appreciation**

Encourage people to write kind notes acknowledging acts of kindness, large or small, and have them delivered to the do-gooder or post them on a bulletin board.

- **Make Donations**

Set up a place in the center for donations—for clothes, food, books, gifts, etc.—to be given to a educational or charitable cause.

- **Post the “Kindness Calendar”**

Develop a kindness calendar suggesting a random act of kindness for each day.

- **Give Away Kindness-Related Trinket**

Create or purchase inexpensive giveaways related to kindness, such as bookmarks, key chains, stickers, decals, purple balloons, tee shirts, hats, mugs, magnets, stress balls. Keep track of acts of kindness with heart-shaped stickers. The more kind acts a person does, the bigger the trinket!

- **Invite a Guest Speaker**

Find a motivational speaker on the topic of kindness or a related subject.