



# Exploring Kindness

WORLD KINDNESS DAY 2020  
SOUTHEASTERN HIGH SCHOOL

# KINDNESS

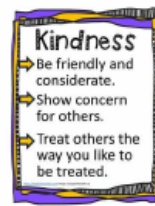
## Culture of Kindness

Attributes of being friendly, generous, and considerate toward people, customs, arts, social institutions, and achievements of a particular nation, and other social groups.

## Kindness (kind-ness)

(n) The quality or state of being friendly, generous, gentle and considerate.

LaWhimsy//Word Nerd



### HELPFUL YOU TUBE VIDEOS ABOUT KINDNESS

- A Short Film About Kindness <https://youtu.be/8WiOUWLeT9I>
- The Science of Kindness <https://youtu.be/O9UBylY0iBM>
- Hair Love [https://youtu.be/kNw8V\\_Fkw28](https://youtu.be/kNw8V_Fkw28)

### HELPFUL WEBSITES

- Acts of Kindness <https://acts.kindness.org/initiatives>
- Kindness.org <https://kindness.org/>
- Random Acts of Kindness <https://www.randomactsofkindness.org/kindness-ideas>

### HELPFUL ARTICLES

- 40 Acts of Kindness to Make the World Better <https://www.lifehack.org/882957/acts-of-kindness>
- How to Practice Kindness [https://topaelfgrowth.com/how-to-be-kinder-to-others/?utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=topaelfgrowth.com&utm\\_term=kindness%20org&utm\\_content=How%20to%20Practice%20Kindness\\_160897498](https://topaelfgrowth.com/how-to-be-kinder-to-others/?utm_source=bing&utm_medium=cpc&utm_campaign=topaelfgrowth.com&utm_term=kindness%20org&utm_content=How%20to%20Practice%20Kindness_160897498)

Compiled by: Rakiba Mitchell, MA, LPC, NCC

Here is a resource that further explores

**KINDNESS.**

Click the link:

<https://drive.google.com/file/d/1gUZ3buK2Xww65Sad3Pn-Q5l1y0V0395W/view?usp=sharing>



**RANDOM ACTS OF KINDNESS  
FOUNDATION**

#MakeKindnessTheNorm • [www.randomactsofkindness.org](http://www.randomactsofkindness.org)



**World Kindness Day**

Messages, Quotes & Wishes



**KINDNESS IS A GIFT THAT IS FREE;  
REMEMBER TO PASS IT ON THIS DAY.  
WISH YOU A VERY HAPPY WORLD  
KINDNESS DAY.**

**Q: Why does  
Kindness  
matter?  
(specifically  
in 2020)**

Family isn't  
always blood. It's the  
people in your life who  
want you in theirs;  
the ones who accept  
you for who you  
are. The ones who would  
do anything to see  
you smile & who  
LOVE YOU  
no matter what.


[www.spirituallythinking.blogspot.com](http://www.spirituallythinking.blogspot.com)

*At home with your  
family you should  
always have  
manners and self  
control yourself and  
be respectful...I  
watch how I talk to  
everyone. It can  
increase self-esteem,  
energy and  
optimism.  
-S. Johnson*

*Expressing  
kindness can be  
like administering  
medicine to  
someone who is ill.  
—W. Leone*




Artist: Rotem Zurlin



*You never know what  
someone is going through,  
and you can brighten their  
day with your kindness.  
-J. Palmer-Gray*

*“Kindness is...  
focusing on the  
happiness of  
everyone by being  
considerate to the  
needs of everyone”  
-A. Washington*



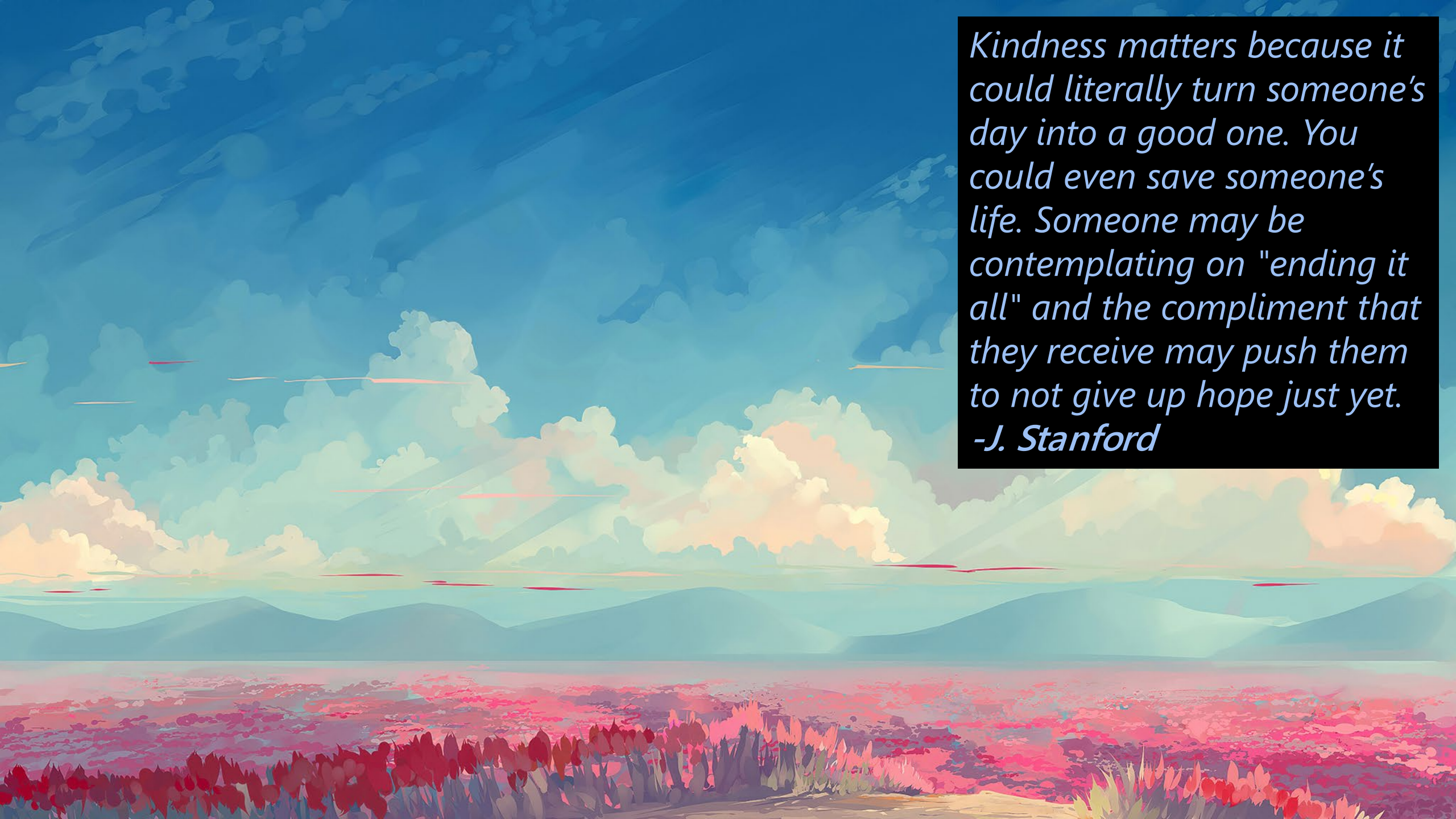
A silhouette of a person riding a bicycle is shown against a vibrant sunset sky. The sky is filled with warm orange and yellow hues, with scattered white clouds. The person is on the left side of the frame, riding towards the right. The bicycle has a basket on the front. The overall mood is peaceful and contemplative.

Sometimes the reason good things are not happening to you is because you are the good thing that needs to happen to other people.

*Kindness matters because you never know what someone is going through and you just showing kindness can make someone's day or life better.*

*-A. McDaniel-Richmond*





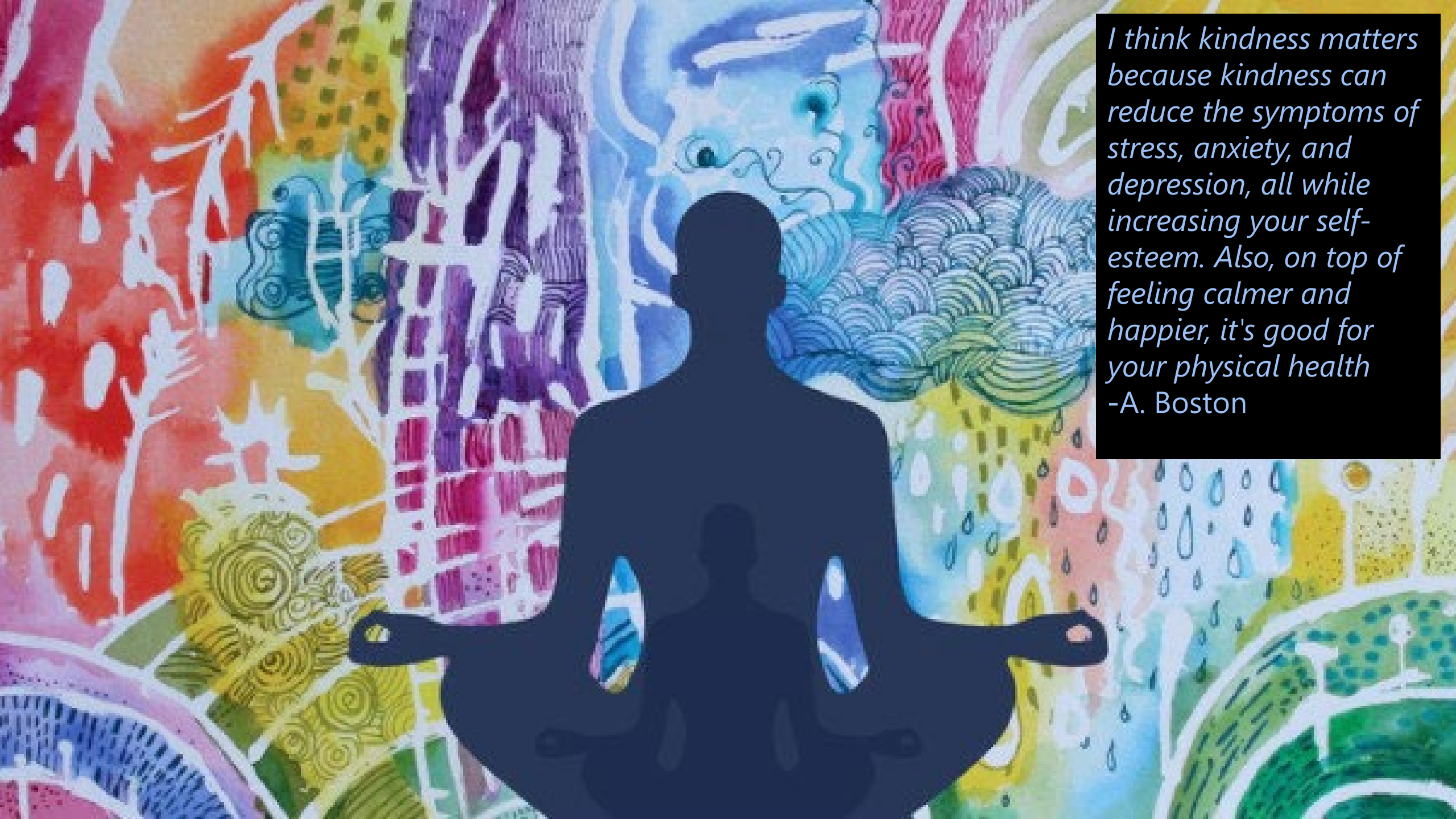
*Kindness matters because it could literally turn someone's day into a good one. You could even save someone's life. Someone may be contemplating on "ending it all" and the compliment that they receive may push them to not give up hope just yet.*  
*-J. Stanford*

I've learned that people will forget  
what you said, people will forget what  
you did, but people will never forget  
how you made them feel.


Maya Angelou

  
WHOLE BODY LIVING

*I think that kindness matters  
because if you want someone to  
be kind to you then you should be  
kind to others*  
-M. Johnson



*I think kindness matters because kindness can reduce the symptoms of stress, anxiety, and depression, all while increasing your self-esteem. Also, on top of feeling calmer and happier, it's good for your physical health*  
-A. Boston

A close-up photograph of a woman with dark, curly hair, wearing a vibrant red sweater. She is smiling warmly at the camera while her hands are positioned to form a heart shape. The background is softly blurred, showing other people in a social setting. The overall mood is warm and affectionate.

*It is because all takes  
is effort. Kindness is  
priceless. No matter  
what we do we  
should always add a  
little "sweetener" to it  
-R. Mitchell*



*Kindness is when  
Principal El Amin  
tells everyone that  
they are loved  
daily*

Kindness is Student  
Council trying to keep  
students uplifted by  
planning a Virtual School  
Spirit Week



Kindness is helping,  
supporting,  
complimenting and  
smiling at each other  
It is what we do to  
show each other that  
we care  
SE is FAMILY

**Kindness is when  
Ms. Mitchell gives  
daily words of  
encouragement**



Kindness is giving to  
others by donating  
canned goods like M.  
Johnson



*Kindness matters, specifically in 2020, because we're all living in unknown territory, unsure of what's going to happen next. Tensions are high, work is overwhelming, emotions are all over the place, and most of us are just going with the flow day to day, so kindness from loved ones, friends, and even strangers can make a world of difference. Remember, we're all going through this together and continuing to learn and grow as we go, so continue to be patient. Smile. And as hard as it may be at times, be kind! –S. Shuk*

