

A TIP OF THE HAT DAILY KINDNESS SUGGESTION LIST



- Give a compliment to someone.
- Clean up after yourself...or someone else!
- Let someone go before you in line.
- Make a caring card for someone who needs it.
- Thank someone for the work they do.
- Say "hi" to someone new.
- Invite someone new to play with you.
- Sharpen someone's pencil.
- Hold a door open for someone.
- Help someone before they ask.
- Cut out a funny cartoon and give it to a friend who is sad.
- Draw a picture for someone.
- Say hello to a new friend.
- Create sticky notes with positive messages and kind words and post them around your house.
- Publicly acknowledge every kindness you witness.
- Ask people questions about what they do or are interested in.
- Give your "grumpy" voice the day off and try to be more cheerful in your interactions.
- Take time to listen to their stories and laugh at their jokes.
- Be fully present.
- Smile!

Suggestions:

Have participants think about suggestions that are things they can do every day for a week. It's okay if some of them are more challenging than others, because it's important that we learn that sometimes being kind and providing compassion to others can take us out of our comfort zones. Ask participants to explain why they suggested the action they did for further conversation.