

Story Starters: Moments of Kindness

Use these prompts to reflect on a moment when kindness showed up — given, received, or witnessed.

A moment that still stays with me is when someone showed up for me by...

I didn't expect kindness that day, but it appeared when...

A small act of kindness that meant more than it seemed was...

I once witnessed a stranger help another person by...

There was a moment when someone saw me, really saw me, and what they did was ...

Kindness changed the course of my day when...

I'll never forget the time I offered kindness, even though it was difficult, because...

A simple gesture made a lasting impact on me when...

I didn't realize how much I needed kindness until...

A quiet moment of goodness that restored my faith in people was...