Thoughts From The Kindness Cloud

Kindness Toolkit

The possibilities to encourage, promote, and spread **Kindness** are endless. **Actions**, like smiling or holding a door, can be **Kindness Tools**. **Gifts**, like food, shelter, or financial contributions, can be **Kindness Tools**. Websites, social media posts, and simple conversations can stimulate the **Cause of Kindness**. Many websites provide specific tools that you can use to encourage, promote, and spread **Kindness**.

But **Kindness** starts with you. You must **Find Your Kindness Path**, **Do Kindness** (by being a **Kindness Butterfly**), and **Spread Kindness** (by being a **Kindness Ambassador**). These three **Aspects of Kindness** will be with you throughout your life, and they will always be intertwined.

Our **Kindness Toolkit** includes a variety of documents, tools, and ideas that are free, readily available, and easy to use. Our **Kindness Toolkit** is both a collection of specific tools and a range of broader documents. Our goal has been to make as much of this information as possible in ways that can be download or printed and shared. All that is needed is for one person to have access to the Internet, a printer, and a pair of scissors. Our goal is to help people, young and old, think about and teach **Kindness** in new and different ways.

Yes, there are millions of ways to be **Kind** and there are tools and suggestions all over the Internet. Our goal is to provide a set of documents, tools, and ideas that could be readily available at no cost for everyone, from the wealthiest organization to the smallest community group, around the world.

And, we also urge you to follow your own instincts and come up with your own ideas. There is no one right **Way of Kindness**. When it comes to **Kindness**, everyone has his or her own personal style.

In order to prepare you for using the Tools and Ideas sections of **KindnessCloud.org**, we will use examples of the free **Kindness Cards**. There are different **Kindness Cards** available with and without space for names on **KindnessCloud.org**, as well as on the **Kindness Cloud** Facebook Page and Group. Simply print and cut them. Here are some sample ideas and there are more on **KindnessCloud.org**. The possibilities are endless.

Use the **Kindness Cards** and their related **Idea Lists** to jump start a **Kindness Initiative** in your community, club, organization, school, or business. Create your own ideas on how to use the **Kindness Cards**. You do not have to follow our lists at all.

Kindness Giving Cards

- **Healing Through Serving:** Use the **Kindness Giving Cards** to brighten someone's day. Think beyond yourself while you're helping others.
- **Kindness Confetti: Spread Kindness** like confetti by attaching cards to places around your school or on desks of co-workers in your office space.
- **Appreciate Kindness:** Leave **Kindness Giving Cards** in hospitals or doctors' offices to thank the staff for their service to others.

Kindness Promise Cards

- **Play a Kinder Together Game**: With your family or friends, sit in a circle and write down on a **Kindness Promise Card** how you can do an **Act of Kindness** for the person to your right.
- **A Time of Kindness**: At the beginning of a period (day, week, etc.) make a resolution to write down one major **Kindness Promise** goal to accomplish during that time.
- **Community Outreach:** Think of how you would like to serve in your community. Fill in a **Kindness Promise Card** with the first action you will take to fulfill your mission.

Kindness Receiving Cards

- Use **Kindness Receiving Cards** to talk about the **Kindness** you've experienced in your day.
- Create a collage in your classroom or workplace so that everyone can discuss the **Kindness** they have received.
- **Kindness Appreciation Week**: Set up an appreciation display where students can show how they appreciate teachers, principals, custodians, secretaries, and staff.

Share It Forward Cards

- Start a discussion about helping others in any group setting (family gathering, support group, small groups, etc.). Use the **Share It Forward Cards** to record ideas. **P**ick an idea. **O**rganize your Action Plan. **W**atch **Kindness** spread by encouraging other groups to do the same.
- **Start a Share It Forward Club**: Encourage others to join and become **Kindness Ambassadors.** Create and share ideas about how to **Share Kindness Forward** in your community. Broadcast your ideas on social media, or other communication channels.
- Spark a **Share Kindness Forward Vision**: Use the **Share It Forward Cards** in your organization or business to discuss and list multiple ways to enlist other business to join you to promote and act on your **Share Kindness Forward Vision**.
- **Kindness Certificates.** Show your support for the **Kindness Movement** by posting a **Kindness Certificate** in your store or office window, classroom, door, wall, website, or social media channel. Generate recognition for the **Kindness** others create in your community with **Kindness Certificates**. There are other **Kindness Certificates** (Butterfly, Hero, Leader, Partner, Pathfinder, Sponsor) and we/you can make more.

CERTIFICATE

OF APPRECIATION

The Kindness Cloud

KindnessCloud.org

Is Hereby Recognized as a

Kindness Leader

_____

Kindness Cloud Foundation

Member of the Kindness Movement

Made with TechSmith Snagit