Join the Kindness Movement
You Can Make a Difference
We Can Make a Kinder World

Ideas for College Students
Kindness Share It Forward Cards

Share Kindness Forward: Pay for the coffee behind you or the meal behind you in the drive thru. Leave a Share It Forward Card behind for the person to receive.

Share the Knowledge: In subjects in which you excel, offer to study with or tutor someone who needs help understanding the material. Practical Acts of Kindness go a long way.

Exercise Kindness: Share it Forward by checking out donation-based yoga or exercise classes that give back to local charities and needy communities.

Pass It On: Purchase a booklet of bus transit passes or metro passes that can be used at any time. Make the rounds to local bus stops and metro stations, handing out passes to people who could use the break. Attach a Share It Forward Card to encourage them to pass Kindness on.

Book It: Donate your old textbooks to a book sale to help the next round of students taking that class. Leave a Share It Forward Card in the book to inspire whoever buys it to Share It Forward.

Create a Kindness Event: Celebrate acts of kindness and challenge your college community to Share It Forward. Create a Kindness Event and center your event in a high traffic area, such as your Student Union. Invite everyone to create kind notes using the Kindness Share It Forward Cards to share with others in person or on social media. Create a commotion and involve fun games. Give away small prizes for those who promote their Share It Forward messages on social media.

Start a Kindness Club: When you create a Kindness Club at your college or university, you’re making it public that Kindness and Compassion are valued. Your first Act of Kindness can be your recruitment tool. Use the Kindness Share it Forward Cards to create a simple “will you help us Share Kindness Forward?” message inviting others to join. Your club can benefit your college or university and the community in many ways. You might choose to paint a Kindness mural, plant a garden, plan a Kindness
week, volunteer in your community, show appreciation to custodial staff, do a park clean-up, or advertise through social media with stories and videos about Kindness.