Practicing **Kindness** is about showing genuine compassion and empathy for others. When you **Do Kindness**, you’re thinking beyond yourself and putting the needs of others before your own needs. When you touch someone with **Kindness**, it not only makes you feel good, it can also have a Ripple Effect that encourages the receiver to **Share Kindness Forward**.

**Make a Kindness Commotion:** Spread **Kindness Giving Cards** like confetti by placing them on desks of classmates in your school or co-workers in your office space.

**Healing Through Serving:** Use the **Kindness Giving Cards** to brighten someone’s day. Think beyond yourself while helping others with their challenges and struggles.

**Express Kindness Gratitude:** Leave **Kindness Giving Cards** in hospitals’ and doctors’ offices to thank the staff for their service to others.

**Greet People with Kindness:** Give **Kindness Giving Cards** at your store’s cash register. Hand them to your customers and encourage them to **Share Kindness Forward**.

**Enable Kindness:** Leave **Kindness Giving Cards** in your child’s lunch boxes as a challenge for them to do at least one good deed a day.

**Celebrate Service:** Decorate your mailbox with **Kindness Giving Cards** to express gratitude and words of **Kindness** to your mail carrier.

**Deliver Kindness:** Leave **Kindness Giving Cards** with small treats for delivery drivers.

**Sporadic Kindness:** Bring your **Kindness Giving Cards** with you as you run errands and spontaneously find ways to share small notes of **Kindness** with everyone you encounter.
Tip Kindness: Leave a Kindness Giving Card with you tip for your waiter or waitress to brighten their day.