

# Kindness Connects

## Did you know studies show that:

- Doing something kind for someone can help them feel better and be emotionally healthy?
- Being kind makes people happier and healthier?

Help us spread kindness! Please take this Kindness Connects bracelet and give it to someone when you see them being kind. If you receive a bracelet, wear it proudly and let others know why you have it.



Better yet, try to "catch" someone else being kind and pass the bracelet along to them! How far will your bracelet travel?

Together let's prove that kindness is contagious!

Tompkins County Celebrates Mental Health Month

[www.collaborativesolutionsnetwork.org](http://www.collaborativesolutionsnetwork.org)

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## Some ideas of simple acts of kindness that YOU can do:

- Let someone get in line in front of you at school or at the store
- Draw a picture or make a craft and give it to someone as a gift
- Bake a treat for a neighbor or friend
- Support someone when they seem upset by being a good listener
- Call a grandparent, aunt or uncle just to say, "Hi, how are you?"
- When you see litter...pick it up!
- Read out loud to a young or elderly friend
- Volunteer at a nursing home or soup kitchen
- Help someone with their homework
- Donate used clothing to someone in need
- Make someone laugh
- Leave a little note on your refrigerator at home that says, "Have a nice day!"

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