

Kindness in Action: Simple Things You Can Do to Create a Kinder World

Meaningful change comes from many small steps. In that same spirit, we can do a lot to create a kinder world as part of our everyday lives. Here are some simple things you and the kids in your life can do to get started.

To quote Burl Ives: “Say hello to friends you know, and everyone you meet.” **Offering a friendly greeting**, whether it’s a smile, a wave, or an actual “hello!”, is possibly one of the simplest things we can do to lift each other up. (Yes, masks make it harder to show our smiles—but we can still also smile with our eyes and say actual hellos with our voices!)

Pick up trash. Keep a small trash baggie with you, and when you’re out for a walk or enjoying a park, do a little bit of clean up. It’s good for the earth and will also lift your own mood!

Write a letter. It is so fun to get actual mail, with an actual postage stamp. For kids who aren’t yet writing, color and send a picture or create a drawing that expresses happiness. Sending a bit of unexpected joy brings positive energy to both the receiver and the sender.

Meditate. Even a minute or two of practice can be uplifting and put your kids and you in a more positive headspace. Sit comfortably, close your eyes, and become aware of your breathing. Now breathe in for a count of three or four. And exhale to a slightly longer count. Just focus on your breath and relaxing.

Make a gratitude list. While you’re eating breakfast or even putting on your shoes, list three things for which you’re grateful. These don’t have to be earthshattering! Maybe you’re grateful for that breakfast or for those shoes. Incorporating this into your daily routine helps make you aware of all your gifts, and knowing that can help you spread that joy to others.