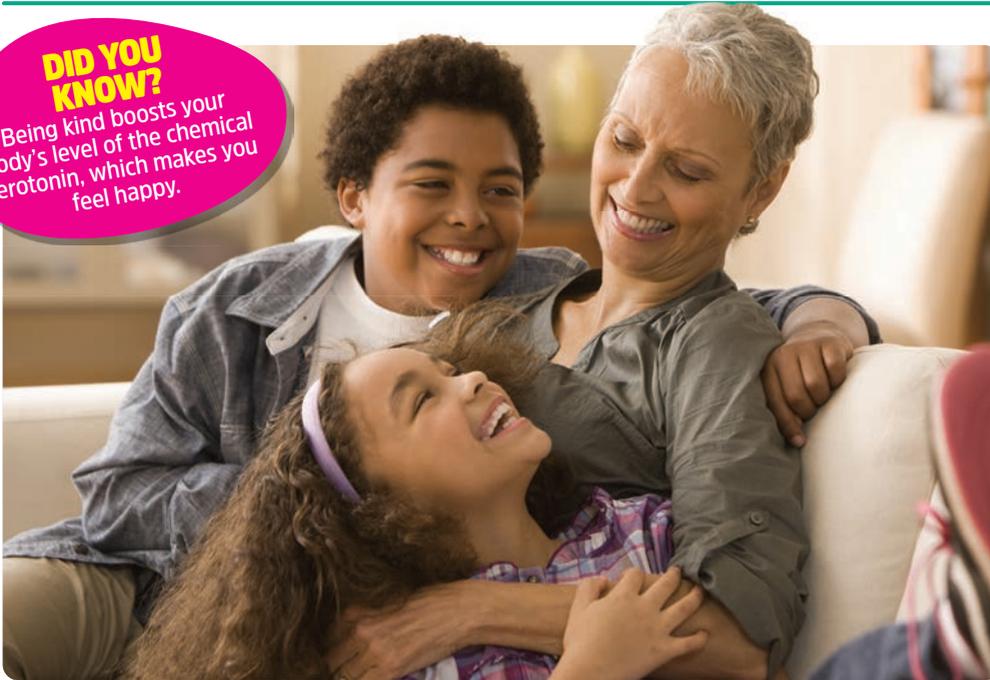




# How to...

## DID YOU KNOW?

Being kind boosts your body's level of the chemical serotonin, which makes you feel happy.



# Plan to do kind deeds

**Celebrate Random Acts of Kindness Week, taking place February 14 to 20.**

It's always a good time to be kind, but February 14 through February 20 is an especially good time because it's Random Acts of Kindness Week. This celebration encourages people to do small acts of kindness for others—family, friends, neighbors, or even total strangers. A little bit of goodwill can go a long way. In fact, research has shown that one person's generous act can inspire others to do the same. Here's how to spread cheer in your world this week.

### Track the good

Start your week off by making a kindness jar. Decorate a blank jar however you wish, and keep slips of paper and a marker near it. Whenever you see an act of kindness happen (someone holds the door for you at the store, your neighbor drops off home-baked cookies just because), write it down and put it in the jar. It will feel good seeing your jar fill up with good deeds, and you can use the slips of paper to inspire your own kind acts in the future.



Make a kindness jar.

### Recruit other kids

While you can definitely spread happiness on your own, you can spread even more if you get your friends and siblings involved. One great way to do this is to play "kindness tag." Do an act of kindness for a friend without revealing it's you who did it. For instance, you could drop

off a small treat at their front door. Make sure to include a card that encourages them to do their own secret act of kindness for someone else. You can print out cards at [tinyurl.com/TWJUS-Kind](http://tinyurl.com/TWJUS-Kind).

### Leave happy notes

Some of the best acts of kindness are super simple, such as leaving little uplifting messages for strangers. Paint positive notes like "You've got this!" and "You're amazing" on rocks and put them in local parks. Or make bookmarks with uplifting quotes and place them in books that a parent or sibling is reading.

### Think beyond people

Animals and the environment deserve some kindness too. Call an animal shelter and see how you can help. They often need donations of old towels and sheets for taking care of the animals. Ask your parents if you have any to spare, and text your friends to do the same. Or focus on helping the Earth by picking up trash in a local park.

### Keep it going

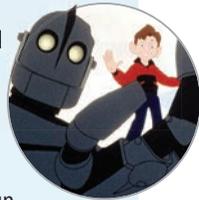
Make a list of five people you see in your everyday life, then jot down a simple act of kindness that would make them feel good. This could be as easy as giving a compliment to your school bus driver or helping your sister with the breakfast dishes.

## 4 movies about helping others

For your family's next movie night, consider watching one of these films that feature inspiring stories about kindness and generosity.

### The Iron Giant

Being a good friend is a great way to show kindness. Watch a 9-year-old boy and his giant robot friend have fun and support each other despite their differences.



### Wonder



When Auggie, a boy who was born with facial differences, goes to school, he meets both bullies and awesome friends. He'll show you first-hand how important acts of kindness really are.

### My Neighbor Totoro

Two sisters named Satsuki and Mei, who live in Japan, meet a magical spirit named Totoro. Totoro helps the girls through a tough time, since they have just moved and their mom is sick.



### The BFG



BFG stands for the Big Friendly Giant. He spends his nights walking around and placing good dreams in kids' rooms. Watch as he and an orphan girl learn to be kind to each other.