

# MINDFUL MONDAY

TWINSBURG CITY SCHOOL DISTRICT  
NOVEMBER 8, 2021

## WORLD KINDNESS DAY



November

**13**

LET'S MAKE AN IMPACT!

#TIGER #PROUD

#WORLD

#KINDNESS #DAY

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# THE POWER OF RANDOM ACTS OF KINDNESS

Have you ever considered the power of Random Acts of Kindness? We have all had times when we've reached out to others to offer help or assistance, haven't we? Consider how many times you've held a door open for someone to walk through safely? Or how many times have you've helped someone in the grocery store with something that was beyond their reach? Most likely, you extend kindness more than you can easily remember! Have you ever helped anyone start their car or given someone a ride? Picked up garbage that didn't belong to you and put it in the trash? Surely you have. Most people have. It's just something you do. There is never a reason. Nor do you ever expect any reward for those Random Acts of Kindness.

Just think how we could make others feel this weekend if we committed to doing Random Acts of Kindness? How would that make you feel? What if you did it every day? Just think of how many lives we could positively change simply by doing a Random Acts of Kindness for no other reason than the fact that you can? By consciously employing Random Acts of Kindness, you can change the lives of anyone you meet, at any time or anywhere.

I challenge you beginning on Saturday, November 13, 2021 to commit to one Random Act of Kindness each day for one week. That's seven days, seven opportunities to make someone smile, and seven opportunities to make yourself feel good by helping a person in their moment of need. If you like it, keep it going!

Lead by example, knowing that the ripples that you're sending out on the pond of life will inspire others to follow your example, and one person at a time, one Random Act of Kindness at a time, collectively, we WILL change the world.

Let's go Tigers! And remember, the world needs your KINDNESS!

