



## daily GOOD

If you see someone upset, you just want to make them feel happy. When you do something nice, the only thing you expect in return is a good feeling in your heart. --Unknown, age 11

### 177 Messages of Kindness

"Out of all the afterschool programs offered in their school, three energetic 11-13 year old girls chose to join this one. The 'Random Acts of Kindness Class,' the first of its kind, was an innovative experiment, offering children the opportunity to use their creativity and artwork to inspire their school and community by doing random acts of kindness. A few weeks ago, I spent an unforgettable afternoon with these girls and their inspiring teacher [...] In the end, after almost two hours of excited chatter and laughter, I asked the girls one last question. 'So, does it make a difference how small or big the act of kindness is?' 'No, it makes no difference. In the end, the acts of kindness are all the same size because they all make someone smile.'"

### Be The Change:

Engage with a young one today about their experience with kindness.