



daily GOOD

Kindness is the golden chain by which society is bound together.
--Johann Wolfgang van Goethe

Why Be Kind?

In the wake of the US election, filmmakers Jessie Auritt and Alexandra Berger wanted to do something to try and combat the negativity, xenophobia, racism and sexism that surfaced. So they turned their camera on a demographic that hadn't been quite so jaded by the media and current events in the hopes that we might all learn from them and try to be kind and accepting toward other people, despite our differences. In the resulting short video, kids discuss kindness: what it is, why it's important, the consequences of being unkind, and why kindness is vital for our future. Their insights are profound and resonate against a world backdrop of strife and alienation. In the words of one wise child in this video: "If you be nice it gives you a magical life."

Be The Change:

How can you model kindness today for the children you meet...and for yourself?