

# KIND JULY

## Acts of Kindness

In the Work Place



[staykind.org](http://staykind.org)

# HUMAN \* KIND BE BOTH

We're making July a month full of kindness.

If each one of us, did just one act of kindness every day, that would equate to **9.1 Billion** acts of kindness a year (based on a population of 25 Million Australians). In Kind July that would be **775 Million** acts of kindness. The possibilities are endless – together what a great country we can be.



Join our movement! Make a kindness pledge on our [staykind.org](https://staykind.org) website



To get you started we have **31 acts of kindness that you can do for July or why not start your own!**

**THE FACT THAT I CAN PLANT A SEED AND IT BECOMES A FLOWER, SHARE A BIT OF KNOWLEDGE AND IT BECOMES ANOTHER'S, SMILE AT SOMEONE AND RECEIVE A SMILE IN RETURN, ARE TO ME CONTINUAL SPIRITUAL EXERCISES.**

Leo Buscaglia, 1924 - 1998

**SMILE AND  
SAY 'HELLO'**

**KINDNESS DAY  
AWARD - TO  
SOMEONE WHO HAS  
SHOWN GREAT  
KINDNESS OR DONE  
A GOOD DEED THAT  
WAS INSPIRING**

**SEND OUT A KINDNESS  
DAY EMAIL TO EVERYONE  
IN THE COMPANY/ORGAN-  
ISATION SHOWING YOUR  
APPRECIATION FOR THEIR  
HARD WORK**

**RAISE MONEY FOR  
A LOCAL/YOUR  
PREFERRED  
CHARITY OR MAKE  
A WORTHWHILE  
DONATION**

**BECOME A  
REGULAR VOLUNTEER  
FOR A CAUSE YOU  
CARE ABOUT**

**ORGANISE AN OFFICE  
TREAT SUCH AS A  
COMPANY BREAKFAST  
OR LUNCH FOR YOUR  
STAFF**

**OFFER KINDNESS  
DAY DISCOUNTS,  
EXTRAS OR  
'FREEBIES' TO  
YOUR CLIENTS**

**'WINTER WARMERS' DONATION  
EVENT' ASK EVERYONE TO BRING  
IN GOATS, BLANKETS AND TOWELS  
THEY DO NOT NEED ANYMORE AND  
GIVE ALL THE DONATED 'WINTER  
WARMERS' TO A HOMELESS OR  
ANIMAL SHELTER CHARITY**

**STAY KIND TO  
YOUR COLLEAGUES,  
CUSTOMERS AND  
SERVICE PROVIDERS**

**THANK A  
COLLEAGUE**

**BE ENCOURAGING  
AND CONSTRUCTIVE  
WITH YOUR  
CRITICISM**

**TAKE A  
COLLEAGUE  
OUT FOR A  
COFFEE OR  
LUNCH**

**SAY GOOD  
MORNING TO  
EVERYONE ON YOUR  
WAY INTO WORK  
AND GOODBYE ON  
YOUR WAY HOME**

**CELEBRATE  
SUCCESS OF  
YOUR TEAM  
OR PEERS**

**ASK SOMEONE  
HOW THEY FEEL  
AND LISTEN TO  
THE ANSWER**

**INVOLVE YOUR COLLEAGUES, CUSTOMERS AND LOCAL  
COMMUNITY IN YOUR ACTS OF KINDNESS.**

**GIVE  
SOMEONE  
ELSE A BREAK**

**ORGANISE  
SOCIAL ACTIVITIES/  
GAMES ON THE  
LAST FRIDAY OF  
THE MONTH**

**OFFER TO SHARE  
THE WORKLOAD  
WITH A TEAM  
MEMBER**

**KINDNESS IS  
CONTAGIOUS,  
LEAD BY  
EXAMPLE**

**HANDWRITE A  
'THANK YOU'  
NOTE - IT MEANS  
THE WORLD**

**INTRODUCE A  
COLLEAGUE TO A  
CONTACT IN YOUR  
NETWORK**

**TELL YOUR TEAM  
AND YOUR BOSS  
WHAT YOU  
APPRECIATE  
ABOUT THEM**

**INVITE A NEW  
CO-WORKER TO  
JOIN YOUR LUNCH  
GROUP**

**MENTOR  
SOMEONE  
BY SHARING  
SOMETHING YOU  
LEARNED THE  
HARD WAY**

**MAKE AN EFFORT  
TO STAY KIND  
TODAY IN  
EVERYTHING THAT  
YOU SAY OR DO**

**REMEMBER EVERY  
PERSON IS GOING  
THROUGH THEIR OWN  
STRUGGLES**

**FIND A WAY  
TODAY TO BE  
THOUGHTFUL  
AND KIND**

**TELL SOMEHOW  
HOW THEY  
HAVE HELPED  
YOU GROW**

**MAKE SURE  
EVERYONE  
IN MEETINGS  
FEELS  
INCLUDED**

**LEAVE ONLY  
KIND  
COMMENTS  
ON SOCIAL  
MEDIA**



If you would like more information  
or are interested in embedding  
Stay Kind into your organisation  
our contact details are below.



[staykind.org](https://staykind.org)

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