

KIND JULY

Acts of Kindness

In the Work Place



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 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

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