

Kind July

31 acts of kindness

in communities



staykind.org

human* kind be both

do something kind this July
#kindjuly

Kindness is simple and can change someone's day or life. If each one of us, did just one act of everyday kindness daily, that would equate to **9.1 billion** acts of kindness a year (based on a population of 25 million Australians). For kind July that would be **775 million** acts of kindness. The possibilities are endless – together what a great country we can be.



It feels good to do good. Share and inspire #kindjuly kindness is contagious!

Find out more on how you can get involved 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!

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

[1] smile and say 'hello'	[2] when paying for yourself, offer to pay for someone else too	[3] share community and charity messages with friends on your social media	[4] check in on a neighbour who lives alone	[5] take a neighbour's bin out (and in)
[6] do some shopping for an elderly/vulnerable person	[7] say 'please' and 'thank you'	[8] wash someone's car or give them a car wash voucher	[9] help an elderly person at a petrol station - with fuel or putting air in their tyres	[10] donate pet food, old blankets/towels to an animal shelter
[11] give someone a lift so they don't need to use public transport	[12] stay apart stay safe Stay Kind	[13] help a friend who has a lot going on	[14] volunteer for a cause that you care about	[15] Stay Kind to yourself and do some exercise

[16] **involve your community, family or friends in your act of kindness**

[17] make a worthwhile donation	[18] pay it forward, buy a stranger a cup of coffee	[19] handwrite a 'thank you' note - it means the world	[20] leave a note for a loved one	[21] offer to babysit for someone who needs a break
[22] leave only kind comments on social media	[23] gift a 'care pack' for someone who is homeless	[24] sign up as an organ donor or give blood	[25] give someone a compliment	[26] does an elderly neighbour or vulnerable person in your community need help?
[27] say thank you to someone who serves the community, ambos, police, teachers, nurses and volunteers	[28] cook a meal for a neighbour or a sick friend	[29] let someone go before you in traffic, queues, teams, supermarkets	[30] introduce your children at an early age to community work so they adopt the spirit of giving back	[31] does someone in your community need help

In 2018 researchers from the University of California reported that the headquarters of a Spanish corporate workplace assigned 111 employees to be Givers, Receivers, and Controls.

Participants were told they were part of a happiness study. Givers and Receivers were found to mutually benefit in well-being in both the short-term and the long-term where Receivers became happier after 2 months, and Givers became less depressed and more satisfied with their lives and jobs.

Givers' prosocial acts inspired others to act: Receivers paid their acts of kindness forward with 278% more prosocial behaviours than Controls.

Results from this study also reveal that practicing everyday prosocial behaviours is both emotionally reinforcing and contagious (inspiring kindness and generating hedonic rewards in others) and that receiving everyday prosociality is an unequivocally positive experience.

Chancellor J, Margolis S, Jacobs Bao K, Lyubomirsky S. Everyday prosociality in the workplace: The reinforcing benefits of giving, getting, and glimpsing. *Emotion*. 2018;18(4):507-517. doi:10.1037/emo0000321

If 20 acts of everyday kindness in 4 weeks creates this amount of social impact, imagine what Kind July and 31 acts of everyday kindness can do.

**Become a Kindness Champion in your community.
Join our Stay Kind movement at staykind.org**

Social impact starts with you!

**If you would like to find out more information on Kind July
or are interested in embedding Stay Kind into your organisation our contact details are below.**



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