

# world kindness day

**November 13**

**do something kind**

in your workplace

**STAY  
KIND**  
staykind.org

# human\* kind be both

**do something kind this World Kindness Day**  
**#dosomethingkind**

World Kindness Day reminds us every November of what great opportunities we have to make a difference to someone's life. 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), that's **25 million** acts for World Kindness Day. The possibilities are endless – together what a great country we can be.



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

**Find out more on how you can get involved on our [staykind.org](http://staykind.org) website**



**To get you started we have 31 acts of kindness  
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."**

<b>smile and say 'hello'</b>	<b>kindness day award - to someone who has shown great kindness or done a good deed that was inspiring</b>	<b>send out a kindness day email to everyone in the company/organisation showing your appreciation for their hard work</b>	<b>Raise money for a local/your preferred charity or make a worthwhile donation</b>	<b>become a regular volunteer for a cause you care about</b>
<b>Organise an office treat such as a company breakfast or lunch for your staff</b>	<b>offer kindness day discounts, extras or 'freebies' to your clients</b>	<b>'winter warmers' donation event' ask everyone to bring in coats, blankets and towels they do not need anymore and give all the donated 'winter warmers' to a homeless or animal shelter charity</b>	<b>stay kind to your colleagues, customers and service providers</b>	<b>thank a colleague</b>
<b>be encouraging and constructive with your criticism</b>	<b>take a colleague out for a coffee or lunch</b>	<b>say good morning to everyone on your way into work and goodbye on your way home</b>	<b>celebrate success of your team or peers</b>	<b>ask someone how they feel and listen to the answer</b>

## involve your colleagues, customers and local community in your acts of kindness

<b>give someone else a break</b>	<b>organise social activities/games on the last friday of the month</b>	<b>offer to share the workload with a team member</b>	<b>kindness is contagious, lead by example</b>	<b>handwrite a 'thank you' note - it means the world</b>
<b>introduce a colleague to a contact in your network</b>	<b>tell your team and your boss what you appreciate about them</b>	<b>invite a new co-worker to join your lunch group</b>	<b>mentor someone by sharing something you learned the hard way</b>	<b>make an effort to stay kind today in everything that you say or do</b>
<b>remember every person is going through their own struggles</b>	<b>find a way today to be thoughtful and kind</b>	<b>tell somehow how they have helped you grow</b>	<b>make sure everyone in meetings feels included</b>	<b>leave only kind comments on social media</b>

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



**staykind.org**

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