

INSPIRED
BY
YOU

I traded my glow stick so my friend could have the color she liked best.

Lila
Age 5 • Texas

I helped my classmates with their homework.

Ryan
Age 10 • New Mexico



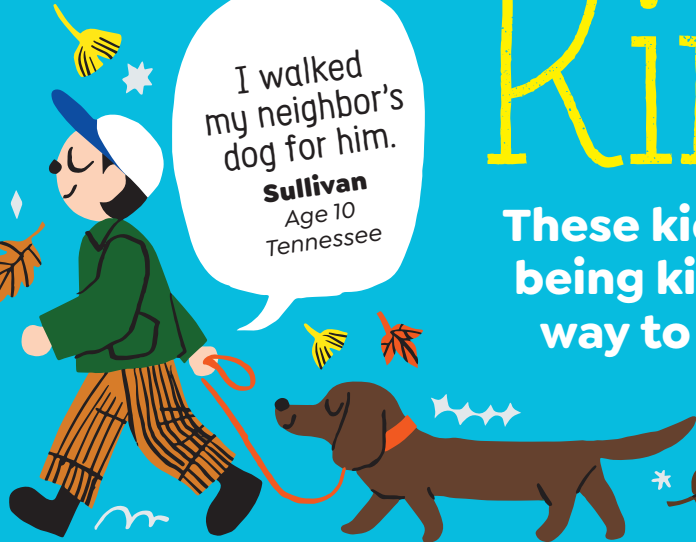
I wiped the tables at my school while the janitor opened my milk.

Liam
Age 8 • Georgia



I walked my neighbor's dog for him.

Sullivan
Age 10
Tennessee



Why Be Kind?

These kids know that being kind is a great way to spread joy.

I helped my little sister learn a new song on her violin.

Delphine
Age 13 • New York



We all know that being kind is something that's good to do for others, right? But did you know that being kind brings lots of benefits to the giver as well as to the receiver? It turns out that being kind is good for everyone!

Boosting Our Well-Being

Scientists have learned that when a person does something nice for others, it can make the helper feel happier. It can also boost their well-being, which includes their sense of purpose and how satisfied

they feel in their life.

It doesn't matter if it's a small act of kindness, such as sharing a snack, or a larger one, such as helping with a project. In both cases, the giver gains benefits. Even seeing someone else perform a kind act or remembering a

I helped my grandparents unpack in their new house.

Zoey
Age 8 • Arizona



My mom broke her bracelet, and I put it back together for her.

Henry
Age 7 • New Jersey



One day at recess, a classmate wanted to play with me and my friends. My friends said no, so I left the game I was playing with them, and I played with her.

Irie
Age 6 • New Hampshire

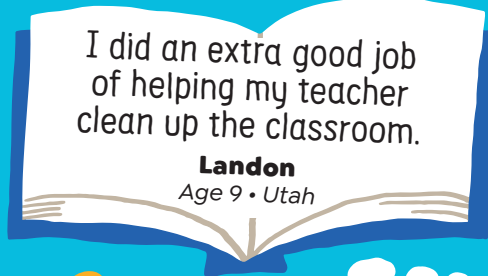
I helped my dad plant our garden.

Ben
Age 7 • California



I did an extra good job of helping my teacher clean up the classroom.

Landon
Age 9 • Utah



A kid on my bus was sitting alone, and I sat by them.

Kayla
Age 10 • Missouri



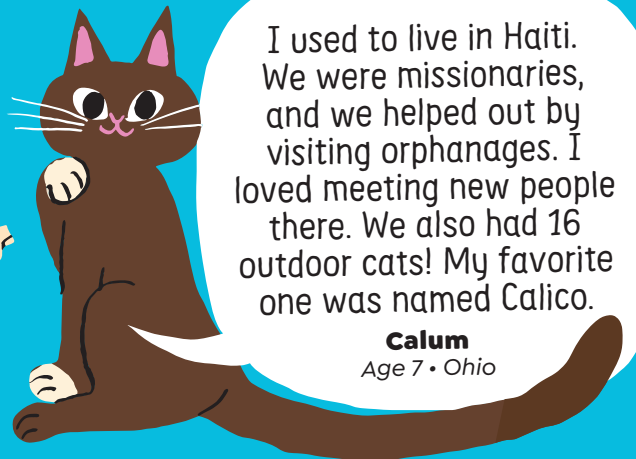
I held a recorder contest to raise money for the animal shelter.

Adaline
Age 9 • Louisiana



I used to live in Haiti. We were missionaries, and we helped out by visiting orphanages. I loved meeting new people there. We also had 16 outdoor cats! My favorite one was named Calico.

Calum
Age 7 • Ohio



kind act can give someone a boost of joy.

It also helps when we ourselves make the choice to act kindly, rather than when someone else requires us to do a kind deed.

And scientists have found

that being kind can even improve our physical health. This can include lowering our blood pressure and boosting our immune system, which helps keep us from getting sick.

The Magic of Connection

While all acts of kindness are good, we feel the benefits most deeply when we help others in person and connect

(Continued on next page)



I opened the door for an older man who couldn't open the door himself.

Wyatt
Age 6 • California

I showed my friend how to use the monkey bars.

Kyla
Age 8 • South Carolina



I stood up for my friend when she was being bullied.

Shelbie
Age 11 • Oregon



I like to fix things, from a four-wheeler to something as simple as fixing a toy for a kid. Soon I could fix everything in the world! Even the car.

Ben
Age 12 • Idaho



Something fun I love doing is volunteering with my aunt at Scare for a Cure. They are haunted houses that raise money to mentor kids, fight breast cancer, and help other local charities. I act in the haunted houses every weekend. Once I dressed up as a zombie princess, and the zombie queen was my aunt!

Saraphina
Age 11 • Texas



I helped the first graders walk to extended care in our new school so they didn't get lost.

Whittaker
Age 8 • Kansas

with them, human to human.

We feel joy and satisfaction when we work hard and use our talents to help others, especially when we can sense their appreciation. And when we work *with* others to do kind things, we feel a sense of belonging and take pride in the work we did together.

In short, we can feel that our lives become richer in meaning when we work with others for causes bigger than ourselves.

Kids Lead by Example


Kids do many wonderful things to spread kindness. On these pages are some of the

ideas for ways to be kind that you've shared with us. We're impressed by how thoughtful and caring you are when it comes to helping the people in your lives.

Thanks for sending these, and please keep being kind to yourselves and to others! 🙌

10 Reasons to Be Kind

1. To help someone out, put a smile on their face, and make their day!
2. To feel the glow of happiness, knowing that you helped someone.
3. To boost your well-being, which includes your sense of purpose and how satisfied you feel in life.
4. To improve your physical health, including your immune system, which helps keep you from getting sick.
5. To feel the magic of connecting with others.
6. To feel the joy and satisfaction that come from working hard and using your talents to help others.
7. To feel the sense of belonging and pride that come from working with others to do kind things.
8. To set a good example for others.
9. To help our lives feel richer in meaning when we work for causes bigger than ourselves.
10. Because we appreciate it when others are kind to us!



I saw that a kid I know was having a bad day. I said, "It's OK," then I asked if he wanted to play.

Makenna
Age 8 • Washington

At lunch, I sat next to the new student, Patience. It was her first day of school.

Eden
Age 7 • Montana


I like to make a difference in the world, like helping animals and the environment. It makes me feel like I am strong enough to be a part of it.

Aurelia
Age 9 • New Jersey




I took out the trash without anyone asking.

Silas
Age 9 • Indiana



I shared my Easter eggs with my little sisters when they were sad that they hadn't found as many as I did.

Gemma
Age 7 • Illinois



I helped a kid who was stuck get out of the pit of big foam blocks.

Peyton
Age 10 • Kentucky

How have you shown kindness? Tell us! See page 38