



The Kindness Project

Do good. Feel good.

Your Kindness Kit

The Kindness Project is Back! June 9th-13th

This week-long celebration is powered by CMHA North Bay and District to drive mental health awareness and positive change. Together we can spread powerful acts of kindness across our communities!

- Encourage community members to engage in acts of kindness towards one another
- Raise awareness about the positive impact of small acts of kindness on our mental health and overall well-being (it's scientifically proven!)
- Create a sense of interconnectedness and support within the community

How You Can Show Your Kindness

As a team or individually, you can show your kindness in a million different ways. It's easy and can be whatever you want, as long as it is an act of kindness. Here are some ideas to inspire you:

Leave nice messages on sticky notes for others to discover

Volunteer as a group with your work team

Pay a visit to a senior home to spread some cheer

Donate a book to the nearest neighbourhood "little library"

Start a charity drive at work for the Food Bank

Leave a glowing review for your favourite local business

Pay people a compliment as often as you can

Leave a generous tip for someone who deserves it

Have a BBQ for deserving people in your community

Try harder to understand where others are coming from

Brighten someones day by leaving coins at the laundromat

Leave a treat or kind message for the the mail carrier or delivery driver

Walk a dog or pet the cats at the Humane Society

Start a group pledge to be empathetic at work

Practice being kind to yourself with positive self-talk

Organize a community clean-up

Send a coworker an email telling them what a good job they are doing

Remind a loved one of a fond memory

Post a song on social media that will spread positive vibes

Mail a care package to someone who is missing home

Pay it forward at the drive through

Help someone carry their groceries

Let someone merge in traffic

Inspire Others on Social

By taking pictures and videos along the way, you can help inspire others and make the acts of kindness spread beyond mental health week. Post them on your social channels to make kindness part of our everyday.

Don't Forget the Hashtag

Use the hashtag below to help more people see your great works of kindness! It will also help us track the project's success and learn for next year.

#KindnessNorth

The Kindness Report - Send Us Your Story!

Let us know how it's going so we can include your milestones and success stories in our Kindness Report podcast! You can do this by tagging us on Facebook and Instagram at **@kindnessnorth** or email us at **DoGood@KindnessProjectNorth.ca** with a few details about what you are up to so we can include you in our show!

Kindness Counts - It's Scientifically Proven!



The science shows that when we are kind to others, both parties experience real and tangible benefits. Kindness lowers stress, releases happy chemicals in our brains and helps build stronger communities.



Visit the website as we add updates and more ways for you to share your kindness.

KindnessNorth.ca

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**Canadian Mental
Health Association**
North Bay and District