

# Kindness



***‘Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.’***

Henry James.

- 13<sup>th</sup> November is World Kindness Day. The Random Acts of Kindness Foundation aims to change the world by making kindness the norm, not the exception.
- They say that kindness starts with one. One smile. One compliment. One cup of coffee. One conversation.
- When has kindness made a difference in your life? Think of ways to be kind to yourself, as well as to those you do life with and those you meet along the way.

***‘People will forget what you said. People will forget what you did. But people will never forget how you made them feel.’***

Maya Angelou