



Random Acts of Kindness



It's **RANDOM ACTS** of **KINDNESS** Week

Kindness can be shown through intentional, voluntary, genuine acts or gestures, to better your life and the lives of others.

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**Just 1 RANDOM ACT of
KINDNESS per day will...**

**Reduce stress, anxiety,
depression, aches, pain
Make you calmer, healthier,
happier, relaxed
Feel good, more loving, loved,
energized, confident
And you may even live longer!**



Random Acts of Kindness



FOUNDATIONS for Kindness

- ♥ **Our Value of LOVE**
- ♥ **Our Value of UNDERSTANDING**
- ♥ **Our Value of OPEN-MINDEDNESS**
- ♥ **Our Value of INCLUSION**

**You shall love the Lord your God
with all your heart, and with all your soul,
and with all your mind and you
shall love your neighbor as yourself.**

Matt. 22.37-39



UNiTY's Value of LOVE

DEFINITION

Love is desiring God's highest good for ourselves and others. Love sees good everywhere and in every person, respecting individual differences and embracing our uniqueness.



UNiTY's Value of LOVE

RATIONALE

We choose love because it is the foundation of happiness and is the all-inclusive nature of God. It helps us to know God and be God. The energy of love raises our vibration and causes all things to work together for good.



UNiTY's Value of LOVE

IMPLICATION

Unity in Naperville acknowledges the Christ within everyone and follows Jesus' teachings of love and acceptance. The church creates opportunities for fellowship and connection, encouraging better understanding of our similarities and differences. We lovingly serve our local and global community.



UNiTY's Value of LOVE

BEHAVIOR

I look for the Christ in everyone. I listen to others with empathy. I am kind and supportive. I am friendly and include others in conversations. I become acquainted with people who are different from me.

The greatness of a community is most accurately measured by the compassionate actions of its members.

Coretta Scott King



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♥ **Our Power of UNDERSTANDING**



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RANDOM ACTS OF KINDNESS.org

- ♥ Hold elevator
- ♥ Let someone in
- ♥ Spring for lunch
- ♥ Carry groceries
- ♥ Smile & mean it
- ♥ Pick up what dropped
- ♥ Listen intently
- ♥ Give a thumbs up
- ♥ Empathize, share, give
- ♥ Help tidy up
- ♥ Celebrate others
- ♥ Start conversation
- ♥ Say something nice
- ♥ Share snack
- ♥ Thank a teacher
- ♥ Judgement-free day
- ♥ Read w/ child
- ♥ Compliment
- ♥ Walk a dog
- ♥ Grocery shop
- ♥ Put phone away & listen
- ♥ Thank you note
- ♥ Leave snack for delivery
- ♥ Let senior go ahead in line
- ♥ MAKE KINDNESS THE NORM...
In the office, home, school



MY FORMULA for Kindness

- ♥ I desire good for all.
- ♥ I listen to better understand.
- ♥ I'm open to new ideas.
- ♥ I draw outsiders in.
- ♥ I make kindness the norm.