

PLANTING SEEDS OF KINDNESS

DAUPHIN COUNTY MH/ID PROGRAM
JANUARY 2017 RESOURCE SHARING

“If we all do one random act of kindness daily, we just might set the world in the right direction.” Martin Kornfield

“I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now and not defer or neglect it, as I shall not pass this way again.” William Penn

“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.” Leo Buscaglia

“Kindness is a silent smile, a friendly word, a nod of encouragement. Kindness is the single most powerful thing we can teach children.”
from www.randomactsofkindness.org

As we begin 2017 the above quotes remind us of the power of kindness. Previous resource sharing topics have discussed stress, resilience, self-esteem, self-injurious behavior and challenging behavior to name a few. In every instance where someone is experiencing difficulty no matter the diagnosis or circumstance, think how much kindness can impact that person. The very act of being noticed can change someone's life. Let someone know they matter and cannot be replaced.

In this month's resource sharing edition, we encourage you to talk to your children about kindness and what it means to you and your family. We challenge you as a family to decide on some "random acts of kindness" that you will practice in 2017. There are many websites and books with suggestions. One site is www.randomactsofkindness.org.

Here are a few ideas.

1. Give three compliments to people you know.
2. Do something nice for your neighbor.
3. Write positive sticky notes and leave them to brighten someone's day.
4. Create a kindness jar by having each family member write one or more acts of kindness on separate slips of paper, fold them and put them in a jar and then pull one to do each day.

For more ideas check out www.randomactsofkindness.org