

## Kindness Tips!

- Practice giving someone your FULL attention when listening to them.
- When you're angry, breath slowly and deeply to calm your heart rate and racing thoughts. Pause before reacting.
- Choose your words carefully. They mean the world to someone.
- Before you speak, let your words pass through 3 gates. Ask yourself, 1) *Is it true?* 2) *Is it necessary?* 3) *Is it kind?* (Sufi saying)
- Learn the difference between "having fun" and "making fun." Fun shouldn't be at someone else's expense.
- Question your assumptions. Talk to someone to find out more about them, instead of relying on stereotypes. Take cultural excursions.
- Notice who is left out of social groups. Make an effort to include them.
- Be happy for the happiness of others. There's enough to go around!
- Spend time with people who are different from you, and listen to their experiences. Imagine what the world is like from their point of view.
- Volunteer your time to an organization working to help others.
- Be willing to compromise with someone you're in conflict with.
- Say this wish or prayer: "May all people be safe, happy, and free from harm. May they be accepted, respected and loved."
- Stop hurtful rumors and gossip. People deserve privacy and respect.
- Consider the feelings and experiences of others to strengthen your empathy muscle. Caring shows strength, not weakness.
- Practice observing the feelings of animals. Notice how they respond to your actions, and notice what makes them happy or stressed.
- Read literature together with your child and wonder about the characters' feelings and point of view.
- If you see someone treating someone unfairly, be an upstander! Do something to support the person being picked on.
- Learn about kindness heroes and upstanders. You can be one, too!
- Tell someone what you admire or appreciate about them.
- Be a reliable, trustworthy friend. Introduce yourself to your neighbors.
- Be on the lookout for positive actions and share positive news stories.

## Kindness Starts with YOU!

~Christa Tinari, [www.peacepraxis.com](http://www.peacepraxis.com). ©2017.