

# World Kindness Day

November 13, 2019

Please join the community of Castleberry ISD and the Caring Hearts and Helping Hands Committee Members as we celebrate World Kindness Day!

We invite you to look for ways to make kindness the norm in your daily life.

World Kindness Day is a great day to begin building a new routine which means including intentional moments of kindness, laughter, and delight. It also means taking a moment to enjoy and recognize when those things are happening.

## 5 Ways YOU Can Make a Difference:

1. Send an uplifting text to a friend or family member.
2. Include intentional moments of kindness to others in your daily routine.
3. Go slightly outside of your comfort zone at least once a day to make someone smile.
4. Share compliments with a co-worker, friend, family member, or even a stranger.
5. Treat someone to a small token of appreciation.

# CHOOSE

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