



# FUN FACTS ABOUT WORLD KINDNESS DAY



## TINY ACTS COUNT

Holding a door or saying "thank you" might seem small but it makes a big difference.

## ANIMAL KINDNESS

Elephants comfort sad family members and dolphins help injured friends.



## SMILE POWER!

Smiling at someone makes both of you feel happier. Smiles are contagious.

## KINDNESS IS FREE

It doesn't cost a thing, but it's one of the greatest gifts you can give.



## KINDNESS MAKES YOU HEALTHY!

When you're kind, others are more likely to be kind back.

## KINDNESS CHANGES THE WORLD

Millions of small kind acts can create big, positive change everywhere.

## RANDOM ACTS OF KINDNESS

February 17th is Random Acts of Kindness Day or another day to celebrate being nice.

## KINDNESS CLUBS

Many schools have kindness clubs where students plan ways to spread kindness.

## THE KINDNESS BOOMERANG

When you're kind, others tend to respond kindly.



## THE RIPPLE EFFECT

One kind act can inspire up to 125 more kind acts as people pass it on.



## KINDNESS AROUND THE WORLD

World Kindness Day is celebrated in over 28 countries every November 13th.

## YOUR BRAIN LOVES KINDNESS

Helping someone releases feel-good chemicals in your brain or like a natural reward.