

Ways civic and faith groups can focus on kindness: See it, say it, spread it.

Service club (Rotary examples of notice kindness and talk about kindness):

- The tradition of members giving happy dollars and saying briefly why they are happy could be augmented by combining happy and kind dollars. The kind dollars would be for a kindness received or seen.
- Before asking for happy and kind dollars, the members as a group could take 30 seconds to call up a recent kindness and the feeling it evoked.
- When giving updates on the many kindness projects Rotarians engage in, the report could begin with, “This kindness update is about...”

Faith Communities (Examples of ‘spread kindness’)

- Find kind activities that are simple, yet significant and resonates with many congregation members, for example:
 - a) Be on the lookout for those who are hurting, inside and outside faith gatherings. Reach out and give support. Let them know you care.
 - b) Find ways to be kind (or at least respectful) to those who disagree with you. Focus on the work that needs to be done and ignore what bothers you about the person who is disagreeing.
- Once there is agreement about what seems to interest congregation members, get started. Realize that you will usually not know the consequences of the kind acts.
- Make a time to talk about these planned kind acts (and other kind acts as well).