



# BE KIND

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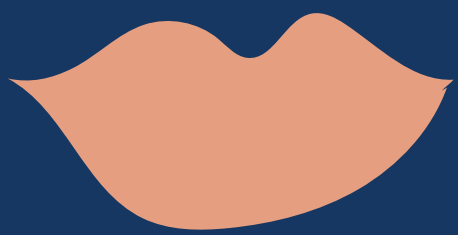






DOGS CAN BE



KIND, TOO

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*Kind*    
**PEOPLE**  
*are*    
*My Kinda*  
**PEOPLE**

 *THERE ARE THREE*  
*WAYS*  *TO ULTIMATE*  
*SUCCESS:*  *THE FIRST*  
*WAY*   *IS TO BE KIND.*  
 *THE SECOND WAY IS*  
*TO BE KIND*   *THE*  
*THIRD WAY IS TO*  
*BE KIND.* 

- Mr. Rogers

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The background features a stylized autumn landscape with rolling hills in shades of orange and yellow. A winding path in a light beige color meanders through the hills. Scattered across the landscape are several trees with dark brown trunks and colorful foliage in shades of yellow, pink, red, and brown. The trees vary in shape and size, some resembling deciduous trees and others more like evergreens.

**“A single act of kindness  
throws out roots in  
all directions, and the  
roots spring up and  
make new trees.”**

- Amelia Earhart

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NO

ACT

TOO

SMALL

The acts of kindness young people most commonly say would have the biggest impact on their mental wellness are having someone who: listens when they have a problem (85% say it would have a big/moderate impact), believes in them and encourages them to do their best (83%), and checks in on them or asks if they're doing OK (80%).

*Born This Way Foundation*

*HOW R U?*

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*YOU CAN  
DO IT*



# Kindness is contagious.

Acts of kindness have the potential to make the world a happier place. It may also encourage others to repeat the good deed that they've experienced themselves – contributing to a more positive community.

*Mental Health Foundation*

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