



13 NOVEMBER  
**WORLD  
KINDNESS**  
Day

***Be kind to others...***

1. **Make kindness a family value.**
2. **Treat your sweetheart. Do something nice that makes your spouse happy.**
3. **Phone a relative. So many grandparents are missing their children and grandchildren.**
4. **Talk to your children about race. Educating our children beyond their own identities will help them navigate the wider world in a thoughtful way.**
5. **Bake for a neighbor.**
6. **Communicate your gratitude. Handwrite a note to colleagues, friends and family members and remind them why they are cherished.**
7. **Grocery shop for someone who needs it.**
8. **Support a local restaurant.**
9. **Buy food from farmers.**
10. **Volunteer in a litter cleanup.**

***Be kind to yourself and acknowledge your well-being...***

1. **Get moving, get healthy.**
2. **Take a hike. Hiking any time of year is good for you and shows support for our parks and other public natural spaces.**
3. **Drink more water. It's recommended that women drink 72 ounces of fluids per day and men 100 ounces.**
4. **Schedule teatime. Frequent green tea drinkers were 21% less likely to develop depression over their lifetime than those who were nondrinkers.**
5. **Go to sleep earlier. Lack of sleep makes us more vulnerable to illness.**