THE KINDNESS JORNAL



14 Fun Adventures to Make You Happier

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ADVENTURE STI

WHAT DOES
KINDNESS
MEAN TO YOU?

Look up from this book right now. What do you see?

Do you see a blue sky?

Do you see your classmates or a friend?

Do you see your computer?

Do you see an opportunity to be kind? Because I do.

No matter where you are, no matter what the world looks like, there is always an opportunity to



But what does that mean?

Kindness means something to everyone.

To me, it means MAKING SOMEONE FEEL LESS ALONE.



It means

STOPPING TO SEE SOMEONE.

Like really see them—

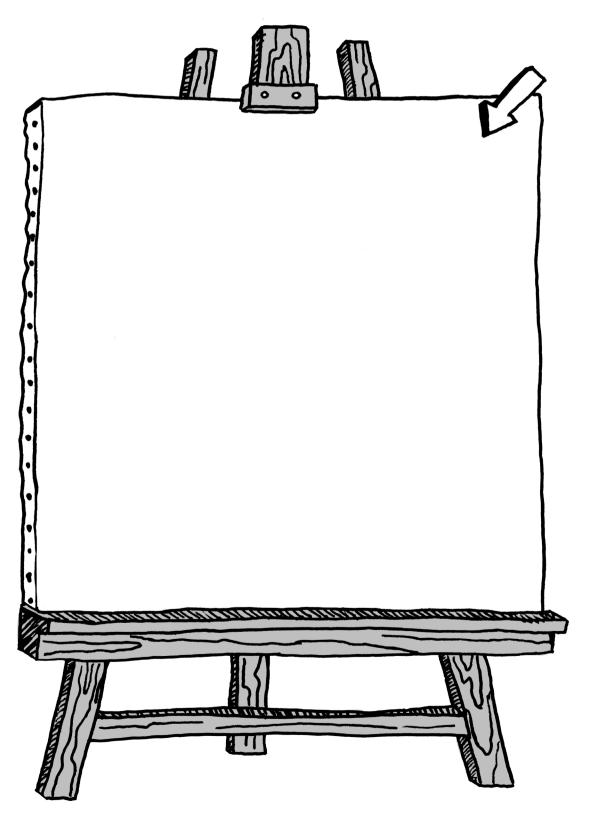
see everything that makes them who they are.

BUT WHAT DOES KINDNESS MEAN TO YOU?



Do you not feel like writing anything? That's OK. No problem.

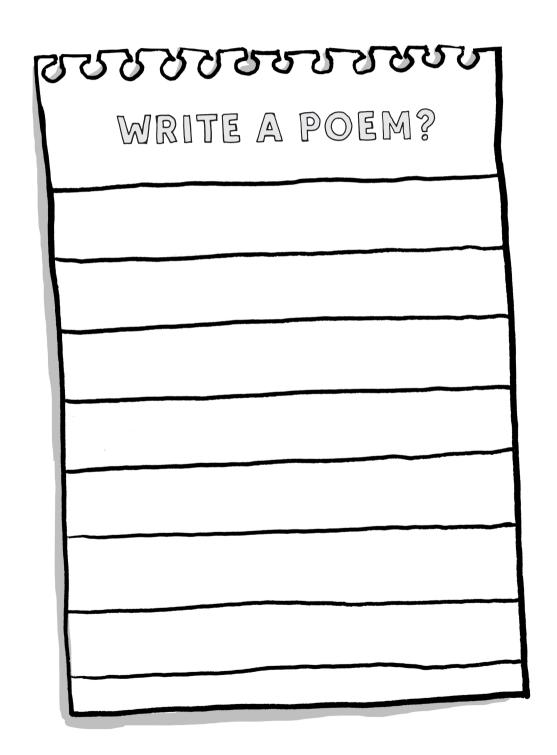
I gave you this space to draw something instead that shows kindness.



Do you not feel like drawing anything? That's cool too.

Maybe you want to SING A SONG?

DOADANCE?



KINDNESS is really just an expression of who we are—
who we are at the very center of our hearts.

The place few people ever get to see. And even fewer people get to know.

But it's when you stop and really see someone, that they get to see you too.

Now take your definition,
your drawing,
your song,
your poem,

or just the simple line "Kindness means

and share it with someone.

SHARE IT?!

Yes, share it.

In order to GO BE KIND,

we have to share where kindness lives in us. You can tell a friend, you can tell someone in your family, or you can tell someone on social media.

I dare you.

I double dare you.

Wanna hear a secret?

You've just done the first adventure.

But there are so so so so so so so so many more adventures in kindness ahead.

We're just getting started.

Try to live your kindness out loud just for today, and then watch it

