



ANHS LIBRARY  
*SNEAK UP ON  
KINDNESS*

**8 WAYS  
TO BE  
KIND  
THIS  
WEEK**



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SNEAK UP ON

# KINDNESS

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1. Smile: and make someone's day a little sweeter
2. Invite someone new into your friend tribe
3. Give someone a genuine compliment
4. Give your Time: To a Friend or Someone who needs it.



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5. Remove complaints for one week.

6. Pause before you speak: choose your words with positive intentions.

7. Surprise someone with an unexpected text message.

8. Acknowledge someone else's kindness to you.