How will you change your world today?

Hold the door for someone.

How will you change your world today?

Tell someone they are important to you.

How will you change your world today?

Thank someone for something they do every day.

How will you change your world today?

Learn to say “hi” in a new language. This could even be sign language!

How will you change your world today?

Reach out to someone being bullied; let them know they are not alone.

How will you change your world today?

Find a news article about kindness, acceptance, or inclusion. Share it in class or on social media.

How will you change your world today?

Be patient and respectful if someone takes longer to do something or does it in a different way.

How will you change your world today?

Include those that may be alone - invite them to sit with you or come to an event.

How will you change your world today?

Introduce yourself to someone you see every day but haven’t yet met.
Intentional acts of kindness, acceptance, and inclusion