

Montcalm County's 100 Acts of Kindness

Research is stating that when we share kindness with each other both people experience better health and well-being. It also has a positive affect on others who witness the kindness.

Does this mean that by being kind to one another and sharing stories of kindness we can make this a better world for our friends, family and even ourselves?

LET'S FIND OUT!

➤ **STORY TELLERS** - When you see (or perform) an act of kindness, let us know. We will share this kind act with others.

1) Tell us what happened ---

WHO was involved, tell us about the characters

(names will not be shared by us),

WHERE it took place, tell us about the setting, and

WHAT took place. *(A form is available if you would like.)*

2) Email the kindness information to John at

JKroneck@mmdhd.org or call 989-831-3659.

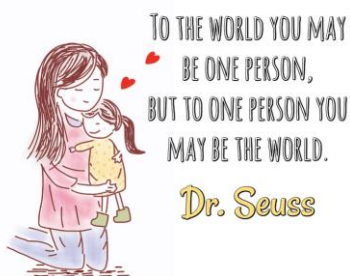
3) Please include your email address and phone number, so we can follow up with you. 😊

➤ **CREATIVE TEAM** – This team will produce social media posts, short stories, etc. Interested in helping? Let us know.

➤ **DISTRIBUTION TEAM** – We will distribute these stories to as many of our neighbors as we can. Interested? Let us know.

There is
KINDNESS
happening
ALL AROUND.

Even small acts
of KINDNESS
can make a BIG
difference!!!



Kindness Quotes For Kids © AllRightsReserved.com



Montcalm RISC
SAAC