

Witnessing 100 Acts of Kindness

Vision Paper – December 18, 2020

Purpose: To Highlight Positive Actions, Promote Pro-Social Behaviors, and Reduce Stress of Isolation

Research Support: A number of articles reporting on research identify that when people witness kind acts, they also receive a benefit of positive body chemistry reactions and inclinations to also perform acts of kindness.

Summary:

- 1) **OBSERVE:** People will be invited to submit acts of kindness they see or hear about. These may also be acts of kindness they personally did for others.
- 2) **CREATE:** Once submitted, these acts will be developed into short stories and/or graphics to share with others. No real names, pictures, likenesses, or other identifying information will be used to honor and protect the anonymity of individuals.
- 3) **SHARE:** Once developed the Acts of Kindness will be shared throughout the community to promote a positive influence in the community.
- 4) **ENGAGE:** This initiative is designed to engage not just a few team members but multiple people throughout the community through the three steps noted above;
 - a. observing and submitting acts of kindness,
 - b. developing the kindness stories,
 - c. sharing the kindness stories.

Examples of Involvement: As examples of individuals and organizations that may be involved with Witnessing 100 Acts of Kindness, the following are offered.

- 1) **OBSERVATIONS AND SUBMISSIONS** may come from any individual, be an organized activity by a service club, be promoted in a business and/or church newsletter, from self-support groups, recovery meetings, classrooms, through newspaper and radio promotions, as well as other creative means.
- 2) **CREATING THE STORY** may enlist the skills of high school or college classroom students, local writer's groups, as special projects for service clubs, and other groups / organizations / individuals; to write short stories, produce graphics which may be used as Facebook or other social media posts, creating YouTube videos and Podcasts, flyers to post on bulletin boards throughout the county, releases for local newsletters, newspapers and radio spots, for mailings, and/or other options that may be identified.
- 3) **SHARING WITH OTHERS** options may be implemented in multiple ways, including through adding a short story and/or flyer with Meals delivered to homes; by youth groups posting flyers on community bulletin boards (grocery stores, libraries, laundry mats, etc.); as Kindness Korner stories in business, church, school, agency, etc., newsletters; as weekly (or daily) Kindness story over the radio and other media stations, as billboards sponsored by different groups, as an Ice-Breaker story for virtual platform meetings, by publishing booklets with 20 to 25 stories of kindness in each volume, used in classrooms as a basis for writing assignments, as well as other options which may be identified.

Submission Form: The form attached at the end of this description is suggested for collecting the observed acts of kindness.

Witnessed Act of Kindness

Your Name: _____ City/Village/Township: _____

Date: _____ Contact Information: Phone - _____ - _____ - _____

Email address or other means of contacting you - _____

Do we have permission to use your name as the person submitting the Kindness story? YES NO
(Circle one)

Please describe what happened: *(Please use the back of the form if you need more space.)*

Who was involved? *(Please do not use real names but describe the people. For example; a middle-aged man, a child of about 10 years old, two older women, etc.)*

Where did this take place? *(Please provide a brief description of the setting. For example; in the parking lot of the local convenience store, etc.)*

What took place? *(Briefly describe the action of the kindness. Include how each reacted. For example; the child offered the older man a flower, at first the older man was shocked, then smiled a huge grin and gave the child a big hug; etc.)*

Please submit this Act of Kindness form to John Kroneck

via email at; JKroneck@mmdhd.org or via postal mail to John at,

Acts of Kindness, Mid-Michigan District Health Department; 615 N. State St., Suite 2; Stanton MI 48888