



## **ADULT IDEAS FOR KINDNESS IN THE WORKPLACE**

- + Bring your co-workers a treat: a small token makes people feel special – organize a healthy snack day and have different people each week bring in something healthy**
- + Create a Kindness Board where employees share stories of kindness or post kind quotes or inspiring poems or share a kind act that has happened to them in their life.**
- + Create a Quote Board – white or black board that can be written on and someone shares an inspirational quote for day or week**
- + Send a thank you note to someone who has gone out of their way for you and share on kindness board created in the office**
- + Organize an appreciation lunch for a co-worker or supervisor for a birthday or if someone has experienced a loss in the family**
- + Send nice notes to co-workers – pick a name out of box and write 3 kind things about them and give it to them at end of day – can be anonymous or share name or:**
- + Start a chain note where you pick a different person’s name each day and you write a kind word about them and pass it on through the whole office until it gets to them**



## **ADULT IDEAS FOR KINDNESS IN THE WORKPLACE**

- + Work with co-workers to drop off coffee and thank you note to suppliers you work with regularly**
- + Create a Kindness Coins jar and ask people to put in spare change – at end of week donate to local charity – wear your #spreadthekindness t-shirts and drop them off as a group on Friday.**
- + At week's end eat lunch together and discuss ways more caring can be incorporated in your workplace – create your own strategic plan for kindness**

**Ideas courtesy of Steffi Black, Kindness Advocate for Schools and Corporations: [www.steffiblackcoaching.com](http://www.steffiblackcoaching.com)**