



HOW CAN YOU SPREAD KINDNESS?

The sky is the limit! The Stamford Kindness Project aims to spread love, positivity, and kindness in our community and beyond. Here are some ideas to get you started.



Residents

Leave a tip, a thank you note, bottled water, or store-bought snacks, for your sanitation workers, postal couriers and/or landscapers. Put together a care package for the homeless. Pay for a stranger's coffee or groceries. Donate your time to a local organization.



Children & Students

Write notes of gratitude to faculty, staff, bus drivers, crossing guards, librarians, parents, guardians and/or sitters. Volunteer at a Senior Center. Invite a classmate to eat lunch together.



Corporations

Send a company-wide email blast thanking your employees for all of their hard work. Encourage them to compliment their colleagues. Sign up for a team volunteering opportunity. Hold open the elevator door.



Schools/Educators

Give students extra time at recess. Host a popsicle party (an inexpensive treat that is inclusive of most food allergies). Organize a Kindness Pep Rally.



Businesses

Encourage your patrons to pay-it-forward. Host a donation drive. Offer a discount or "hanging coffee."



The Stamford Kindness Project

SPARKING CITYWIDE RANDOM ACTS OF KINDNESS

#StamfordKindnessProject



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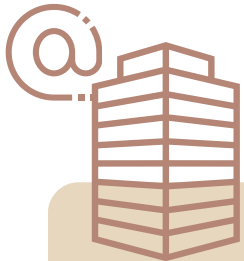
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