

# BRICKIE CONNECTIONS

## BRICKIE CONNECTIONS #23: Spread Kindness

Kindness can become its own motive. We are made kind by being kind. - Eric Hoffer

Simple acts of kindness boost your physical, mental, social, and spiritual well-being.

Ex) do a chore or a favor for someone else, listen to a friend, leave a positive note for someone else

Ex) Use your classroom door to have your students create a "Sprinkle Kindness Like Confetti" spot to encourage and share positivity

### ACTS OF KINDNESS

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