

15 WAYS TO

Being kind to others not only makes them feel



WITH WORLD-CLASS DOCTORS FROM COLUMBIA Weill Cornell Medicine



Smile and make someone's day a little sweeter



good, it makes YOU feel good too!



Just listen



Help clean up, without being asked



Draw a nice picture for someone



Make someone laugh



Include others as you work or play



Say thank you



Help someone when you see they need it



Donate food, clothing or toys



Set the dinner table



Pick up trash



Sit next to someone who is alone

Let someone go ahead of you in a line



Write an encouraging chalk message on the sidewalk



Hold the door open for someone

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