

Random Act Of Kindness Day!™

Kindness Quotes

Life is mostly froth and bubble; Two things stand like stone: - Kindness in another's trouble, Courage in your own.

Adam Lindsay Gordon

Sometimes our light goes out but is blown into a flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.

Albert Schweitzer

Kindness is the kingpin of success in life, it is the prime factor in overcoming friction and making the human machinery run smoothly.

Andrew Chapman

Kindness has always mattered to our father. He taught us to honor people, and he has encouraged us since before I can remember to empathize with human suffering. When I was a teenage he'd say, 'Ann, go do something that helps people. Do something of service. It will always make you feel good about your life.'

Ann Curry

If anyone is in need, just lend a hand and help them out.

Anonymous 6th Grader

Be kind. It is hardly ever the wrong thing to do.

Unknown

Fear does not have any special power unless you empower it by submitting to it.

Les Brown (b. 1945), author, motivational speaker

Kindness transcends all. The most hardened by committing a simple act of kindness have changed for ever. It fills the donor with feelings of compassion and then reinforces to the receiver the all transcendental nature of kindness.

Unknown

"Everyday is only as good as the good we can see and believe in ourselves and others." By doing kind acts it helps you to see good in yourself and bring the good out in others.

Unknown

Children are like flowers, let them bloom by giving them your warm smiles, your gentle words and your air of confidence. You'll be amazed at your own garden.

Unknown

Never get tired of doing little things for others. Sometimes, those little things occupy the biggest part of their hearts.

Unknown

Send a smile, Give a hug, All day long you will be loved!

Stephanie Geiger

Never doubt that small group of committed people can change the world. Indeed, it is the only thing that ever truly has.

Margaret Mead (1901-1978), cultural anthropologist

Every smile is a direct achievement.

Unknown

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Adam Lindsay Gordon (1833-70)

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Ann Curry, news anchor

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Anonymous 6th Grader, RAK Member

Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

Aristotle

For attractive lips, speak words of kindness.

Audrey Hepburn, when asked about her beauty secrets

Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment.

Benjamin Franklin

Isn't it amazing how often we can touch someone's life, and enrich our own, by a very simple act? Kindness, pass it on...what a wonderful way in which to pattern our lives!

Betty, Community Organizer, WA

Give to another human being without the expectation of a return.

Bill Bradley

Kind words produce their own image in men's souls; and a beautiful image it is. They soothe and quiet and comfort the hearer. They shame him out of his sour, morose, unkind feelings. We have not yet begun to use kind words in such abundance as they ought to be used.

Blaise Pascal

In the midst of global crises such as pollution, wars and famine, kindness may too easily be dismissed as a "soft issue," or a luxury to be addressed after the urgent problems are solved. But kindness is the greatest need in all those areas

Bo Lozoff

'Wherever there's a human being, there's an opportunity for kindness.' You don't have to plan some big event. You can be strolling the hall in school and say 'hi' to a stranger. Simplicity is the way, you know?

Bow, high school student

The value of kindness cannot be measured in human terms. An act of kindness enriches the heart of both the giver and the receiver.

Br. Arockiam

To be able to practice five things everywhere under heaven constitutes perfect virtue... gravity, generosity of soul, sincerity, earnestness, and kindness.

Confucius (551-479 BC)

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

The Dalai Lama

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

The Dalai Lama

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

The Dalai Lama

The various features and aspects of human life, such as longevity, good health, success, happiness, and so forth, which we consider desirable, are all dependent on kindness and a good heart.

The Dalai Lama

All of us are born for a reason, but all of us don't discover why. Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

Danny Thomas

When you do a kindness for others with the purest of intentions, you are letting its essence trickle out of you. If you do it enough it becomes a river. And I'm betting that its source is endless. I don't think you have to worry about giving too much of it away.

Dave, Community Organizer, FL

Once you begin to acknowledge random acts of kindness--both the ones you have received and the ones you have given--you can no longer believe that what you do does not matter.

Dawna Markova

The kindness and affection from the public have carried me through some of the most difficult periods, and always your love and affection have eased the journey.

Diana, Princess of Wales

So many gods, so many creeds,br So many paths that wind and wind,br While just the art of being kindbr Is all the sad world needs.

Ella Wheeler Wilcox

I have never been especially impressed by the heroics of people convinced that they are about to change the world. I am more awed by...those who...struggle to make one small difference after another.

Ellen Goodman

Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want, and do.

Emanuel Swedenborg

If a man be gracious and courteous to strangers, it shows that he is a citizen of the world, and that his heart is no island cut off from other lands, but a continent that joins to them.

Francis Bacon

Whenever you are confronted with an opponent, conquer him with love.

Gandhi

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because someday in your life you will have been all of these.

George Washington Carver

There are no unimportant jobs, no unimportant people, no unimportant acts of kindness.

H. Jackson Brown, Jr.

When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel.

Harold Kushner

Have you had a kindness shown? Pass it on; 'Twas not given for thee alone, Pass it on; Let it travel down the years, Let it wipe another's tears, Till in Heaven the deed appears, Pass it on.

Henry Burton

Goodness is the only investment which never fails.

Henry David Thoreau

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.

Henry James

Kind hearts are the gardens,br Kind thoughts are the roots,br Kind words are the flowers,br Kind deeds are the fruits. br br Take care of your gardenbr And keep out the weeds,br Fill it with sunshinebr Kind words and kind deeds.

Henry Wadsworth Longfellow

You may be sorry that you spoke, sorry you stayed or went, sorry you won or lost, sorry so much was spent. But as you go through life, you'll find--you're never sorry you were kind.

Herbert V. Prochnow

Of all the ways you can think of, none has a sixteenth part of the value of lovingkindness. Lovingkindness is a freedom of the heart which takes in all the ways. It is luminous, shining, blazing forth.

Itivuttaka Sutta

It really is much easier to help people and causes than what most people seem to think. You just go out and take that first step and things start falling in place. If they don't, you change direction, but you never pull over and park!

Jason Crowe, founder (at age 11) of The Cello Cries On, Inc.

Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can.

John Wesley

It is well to give when asked, but it is better to give unasked, through understanding.

Kahlil Gibran

There is no tally sheet in the exchange of small kindnesses; but there is shared memory and, from each person, the assurances of good things to come.

Lady Borton

The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give. Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have a potential to turn a life around. It's overwhelming to consider the continuous opportunities there are to make our love felt.

Leo Buscaglia

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Leo Buscaglia

There are times that when truth and kindness conflict, one ought to choose kindness, especially when a little honesty is better than a lot.

Leroy Jack Syrop

A kind deed a day, like little drops of rain, Makes a mighty ocean and a gracious nation.

Lin Hsiu Nei

Appreciation can make a day - even change a life, Your willingness to put it into words is all that is necessary.

Margaret Cousins

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

Marian Wright-Edelman

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

People are often unreasonable, illogical, and self-centered; Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway. If you are successful, you will win some false friends and some true enemies; Succeed anyway. If you are honest and frank, people may cheat you; Be honest and frank anyway. What you spend years building, someone could destroy overnight; Build anyway. If you find serenity and happiness, they may be jealous; Be happy anyway. The good you do today, people will often forget tomorrow; Do good anyway. Give the world the best you have, and it may never be enough; Give the world the best you've got anyway. You see, in the final analysis, it is between you and God; It never was between you and them anyway.

Mother Teresa

If you can't feed a hundred people, then feed just one.

Mother Teresa

Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.

Mother Teresa

There is hunger for ordinary bread, and there is hunger for love, for kindness, for thoughtfulness, and this is the great poverty that makes people suffer so much.

Mother Teresa

Generosity: Give it. Got it? Good!

Ms. Sommer's Scholars 2006-2007

If someone were to pay you ten cents for every kind word you ever spoke and collect five cents for every unkind word, would you be rich or poor?

Nonpareil

Each person has inside a basic decency and goodness. If he listens to it and acts on it, he is giving a great deal of what it is the world needs most.

Pablo Casals, Spanish Cellist

Just because an animal is large, it doesn't mean he doesn't want kindness; however big Tigger seems to be, remember that he wants as much kindness as Roo.

Pooh's Little Instruction Book (inspired by A.A. Milne)

You can accomplish by kindness what you cannot by force.

Publilius Syrus

If you were busy being kind, Before you knew it, you would find You'd soon forget to think 'twas true
That someone was unkind to you. If you were busy being glad, And cheering people who are sad,
Although your heart might ache a bit, You'd soon forget to notice it.

R. Foreman

We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light.

Ralph Waldo Emerson

Few will have the greatness to bend history itself, but each one of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation.

Robert Kennedy

Kindness is never wasted. If it has no effect on the recipient, at least it benefits the bestower.

S. H. Simmons

Kindness is in our power, even when fondness is not.

Samuel Johnson

Compassion, kindness, and concern can be found everywhere in America. And if we have learned nothing else from this [Sept. 11th] tragedy, we have learned that our time on earth is short, so there is simply no time for hate.

Sandra Dahl, wife of Jason Dahl, pilot of Flight 93

Every day I see at least one person who is struggling or having a hard day, and I try to smile or say, 'Hi,' even if I don't know them. Sometimes that simple 'Hi'

Sara, high school student

I expect to pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any fellow creature, let me do it now. Let me not defer or neglect it for I shall not pass this way again.

Stephen Grellet, Quaker missionary

I've found what's truly sacred in life's small things...Hopefully, the world can be changed through acts of kindness, acts of affection and love--the idea of doing normal, everyday things that actually have an effect down the line...Be kind. Because the opposite works as well. You can send your hatred to the future. And we all know the end result.

Sting

Though we all have the fear and the seeds of anger within us, we must learn not to water those seeds and instead nourish our positive qualities

Thich Nhat Hanh

There is a wonderful, mystical law of nature that the three things we crave most in life -- happiness, freedom, and peace of mind -- are always attained by giving them to someone else.

Unknown

Speak only the truth. Act with only the best intentions. Once you get into the habit, you can live by this code.

Unknown

Strive to be first: first to nod, first to smile, first to compliment, and first to forgive.

Unknown

Today, make an investment in someone else's happiness.

Unknown

Kindness comes from different directions... kindness comes to you, through you and from you. It's just a matter of when you want to start!

Vangie Fuentes, RAK member

There's good in everybody. Boost. Don't knock.

Warren G. Harding

Tell them, that, to ease them of their griefs, Their fear of hostile strokes, their aches, losses, Their pangs of love, with other incident throes That nature's fragile vessel doth sustain In life's uncertain voyage, I will some kindness do them.

William Shakespeare

We make a living by what we get. We make a life by what we give.

Winston Churchill

"Dream your dream. Follow your heart. Imagine. Listen to the wind. Drink sunsets. Be free. Let the wonder never cease. Believe. Wish on EVERY star. Create adventure. Be Kind."

Debbie Coulter
