

# INTERNATIONAL DAY OF TOLERANCE

## INTERNATIONAL DAY OF KINDNESS



### International Day of Tolerance

Monday, November 16

Tolerance recognizes the human rights and fundamental freedoms of others. It includes respect and appreciation of our world's cultures. Our world's diversity includes many different languages, religions, ethnicities and backgrounds. Tolerance and kindness are key for bringing our world together and combating the various forms of injustice, discrimination, and oppression.



*“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”*

— Nelson Mandela



# World Kindness Day

Friday, November 13

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. This day, celebrated on November 13 of each year, has the purpose to help everyone understand that compassion for others is what binds us all together.



## 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of our comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

**make kindness the norm.**

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

# KINDNESS IMPROVES OUR MENTAL HEALTH



## The Love Hormone <3

Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone,' which lowers blood pressure and improves our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is helpful when we're anxious or shy in a social situation.

-Natalie Angier, The New York Times

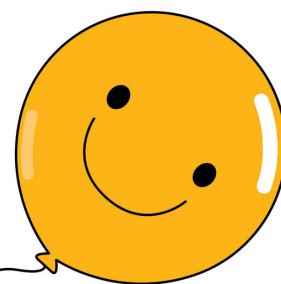
inspire   
kindness®



## Energy

About half of the participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth.

-Christine Carter, UC Berkeley, Greater Good Science Center



## Happiness

A survey of happiness in 136 countries found that people who were generous financially, such as with charitable donations, were happiest overall.

-2010 Harvard Business School

# RESOURCES

## What can you do?

Please Visit for Kid-Friendly

Tips and Tricks:

[www.playfullearning.net](http://www.playfullearning.net)

[www.thekindnessjourney.com](http://www.thekindnessjourney.com)

[www.lifevestinside.com](http://www.lifevestinside.com)

