

10 Ways to Spread Kindness

At NKU, we believe that having a positive, strengths-based culture is a key component to staff, faculty, and students being their best selves. This month, help us infuse some kindness into our culture by celebrating **World Kindness Day!**

World Kindness Day, on Monday November 13th, is kicking off a week-long focus on kindness at NKU. See below for 10 kind things you can do in under 10 minutes and stay tuned for more kindness activities this week!

- 1 Hold the door!**
Acknowledge the person behind you and hold the door for them. Use this as an opportunity to say ‘hi’!
- 2 You had me at hello!**
Smile and say ‘Hello’ to everyone you come across today!
- 3 Two, four, six, eight... who do we appreciate?**
Write a note of thanks to someone who helped you this week.
- 4 Listen up!**
Ask your coworker about their weekend AND listen to their response.
- 5 Praise where praise is due!**
Email someone who you thought did an excellent job on something last week and appreciate their effort.
- 6 Fishing for compliments**
Give someone a genuine compliment.
- 7 Just my cup of tea**
Make your colleague a cup of tea or coffee.
- 8 Open door policy**
Hold the elevator door for someone.
- 9 Fancy meeting you here**
Get to know a student. Ask what their major and future goals are.
- 10 Combat food insecurity**
Donate breakfast and snack items, such as granola bars, cereal, and snack packs of chips to FUEL NKU.

Share your acts of kindness this week by passing along the **NKU Kindness Card** (print and cut-out) and posting on social media using **#NKUstrong!**

NKU Kindness Card

Today is World Kindness Day!
Do something kind for someone today and pass this card along. Share your acts of kindness on social media using #NKUstrong!

