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.

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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!**

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**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!**