



# SPREAD KINDNESS.

We've included some ideas to help kickstart your kindness. Just remember that no act of kindness is too big or too small - and sometimes a smile is all it takes. Now more than ever, that kindness matters. With our partners at the Kennedy Krieger Institute and Special Olympics Maryland, we're asking for your help.

Visit [kind.secumd.org](https://kind.secumd.org)

to share your acts of kindness and see how we're all coming together to make a positive difference.

# SPREAD KINDNESS.

# GET CREATIVE.

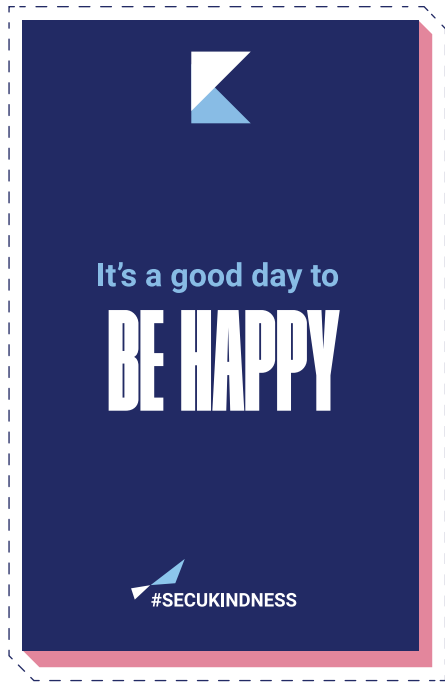
Cut out these fun Maryland symbols, give them to a friend or family member, or leave them somewhere to inspire kindness. Remember to share at [kind.secumd.org](https://kind.secumd.org)!



A dark blue postcard with a white dashed border and a light blue border on the right side. It features a white and blue geometric logo in the top left corner. The text reads: 'Be the reason someone SMILES TODAY'. At the bottom left is a small logo and the hashtag '#SECUKINDNESS'.

Be the reason someone  
**SMILES TODAY**

#SECUKINDNESS

A dark blue postcard with a white dashed border and a red border on the bottom side. It features a white and blue geometric logo in the top left corner. The text reads: 'It's a good day to BE HAPPY'. At the bottom left is a small logo and the hashtag '#SECUKINDNESS'.

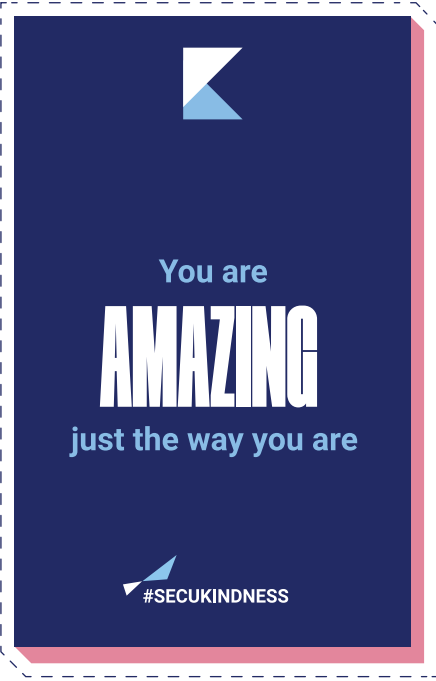
It's a good day to  
**BE HAPPY**

#SECUKINDNESS

A dark blue postcard with a white dashed border and a light blue border on the right side. It features a white and blue geometric logo in the top left corner. The text reads: 'In a world where you can be anything BE KIND'. At the bottom left is a small logo and the hashtag '#SECUKINDNESS'.

In a world where  
you can be anything  
**BE KIND**

#SECUKINDNESS

A dark blue postcard with a white dashed border and a red border on the bottom side. It features a white and blue geometric logo in the top left corner. The text reads: 'You are AMAZING just the way you are'. At the bottom left is a small logo and the hashtag '#SECUKINDNESS'.

You are  
**AMAZING**  
just the way you are

#SECUKINDNESS

A dark blue postcard with a white dashed border and a light blue border on the bottom side. It features a white and blue geometric logo in the top left corner. The text reads: 'AMAZING THINGS happen when you try'. At the bottom left is a small logo and the hashtag '#SECUKINDNESS'.

**AMAZING  
THINGS**  
happen when you try

#SECUKINDNESS

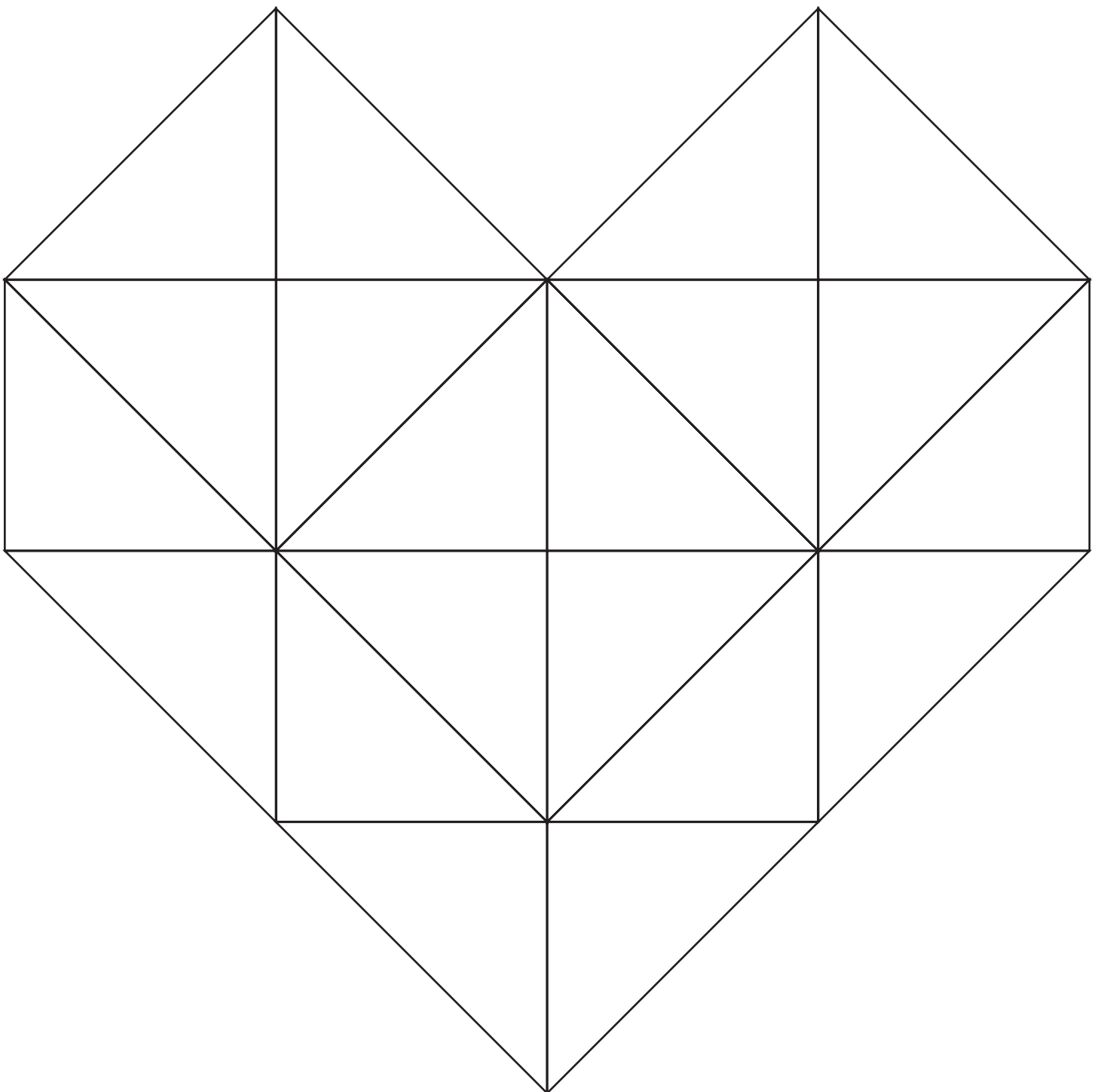
A dark blue postcard with a white dashed border and a teal border on the right side. It features a white and blue geometric logo in the top left corner. The text reads: 'Do what is RIGHT, not what is easy'. At the bottom left is a small logo and the hashtag '#SECUKINDNESS'.

Do what is  
**RIGHT,**  
not what is easy

#SECUKINDNESS



**TO:**



**FROM:**

**#SECUKINDNESS**

# KIND MESSAGES.

## Use your voice to spread kindness.

- Email a teacher and thank them for making a difference
- Send a “thank you” card or note to the officers at your local police or fire station
- Send a positive text message to 5 people you haven’t spoken to in a while
- Send a gratitude email to 3 coworkers
- Leave a sticky note with a positive message for someone to find
- Hand a note or small gift card to a service provider (ex. delivery person or trash collector)
- Leave an uplifting note in your neighbor’s mailbox
- Write your partner a list of things you love about them
- Leave a positive review on Google for a company, restaurant, or business you love
- Have a LinkedIn account? Write a recommendation for a coworker or connection
- Paint a positive message on pumpkins - combine the spirit of Halloween and the power of kindness
- Share a funny joke to make others laugh out loud
- Text or call an old friend to catch up
- Say “thank you!” and mean it
- Make a list of 10 things you are grateful for

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# ACTS OF KINDNESS.

## Get active and make a difference in your community.

- Find opportunities to give compliments - it costs nothing and would make someone's entire day
- Donate your stuff - consider giving items to a person or organization that needs it right now
- Leave an extra tip at a local restaurant or with a delivery driver
- Pay it forward at a coffee shop by buying coffee for the person behind you in line
- Do a chore that you know your partner or family member doesn't like doing
- Donate old towels or blankets to an animal shelter
- Surprise a neighbor with a freshly baked treat
- Smile at 5 strangers
- Practice self-kindness and spend 30 minutes doing something you love today
- Know someone who could use an extra hand? Offer to help for a few hours
- Do a favor without asking for anything in return
- Make a family member breakfast in bed
- Put your phone away while in the company of others
- Participate in the Amazon Smile program through your Amazon account so every time you make a purchase Amazon will donate to your favorite U.S. non-profit
- Make a donation to your favorite non-profit, including the SECU MD Foundation
- Eat local - support your neighborhood farmers and small businesses
- Plan to do something new or different this month
- Play a board game or do a puzzle with friends or family
- Start a conversation with someone new
- Donate used books to the local library
- Start a piggy bank for a good cause
- Give your pet some extra attention

Share a photo or video as you complete your acts of kindness at [kind.secumd.org](https://kind.secumd.org) or by tagging @SECUMD and #SECUKINDNESS

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