

# ★ 3 TYPES OF KINDNESS ★



## 1. ACTIVE / INTENTIONAL ACTS OF KINDNESS

These are deliberate, planned actions aimed at helping others.

- volunteering at a local shelter
- organizing a community cleanup
- regularly donating to a charity
- helping a neighbor with groceries



## 2. RANDOM ACTS OF KINDNESS

Spontaneous, unplanned gestures that bring joy to others.

- paying for a stranger's coffee
- leaving a kind note for a colleague
- giving an unexpected high five



## 3. EMOTIONAL KINDNESS

Providing support and care through empathy, encouragement, or simply being present.

- offering words of encouragement
- listening actively, comforting a friend
- cheering someone on during a tough day