

# Kindness

## RESOURCES

-Podcasts about Kindness- <https://welpmagazine.com/20-best-kindness-podcasts-of-2021/>

-Kindness Health Facts- <https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf>

-Monthly Kindness Calendars for the Whole Year-  
<https://www.randomactsofkindness.org/printables>

-Article "How Kindness fits into a Happy Life"-

[https://greatergood.berkeley.edu/article/item/how\\_kindness\\_fits\\_into\\_a\\_happy\\_life](https://greatergood.berkeley.edu/article/item/how_kindness_fits_into_a_happy_life)

-Books on Kindness- <https://www.penguinrandomhouse.com/the-read-down/kindness/>

-Children's Books on Kindness- <https://happyyouhappyfamily.com/books-about-kindness/>

-Booklist created by AREA (Ashland Residents for Equity & Action)-

[https://docs.google.com/document/d/16hzzg\\_\\_g0f8b6VrFnnQCa4t\\_MHSBoDkhPRnzg\\_SKam4/edit](https://docs.google.com/document/d/16hzzg__g0f8b6VrFnnQCa4t_MHSBoDkhPRnzg_SKam4/edit)

-Quick & Easy Random Acts of Kindness- <https://www.randomactsmatter.com/ideas-for-random-acts-of-kindness>

-Article "Be Kind to Yourself"- <https://www.psychologytoday.com/us/blog/between-cultures/201802/be-kind-yourself>

-Article "Self Compassion for Pre-teens & Teenagers"-

<https://raisingchildren.net.au/teens/mental-health-physical-health/about-mental-health/self-compassion-teenagers>

-Article "15 Ways to be Kind to Yourself"- <https://www.lifehack.org/882952/be-kind-to-yourself>

