

Kindness is contagious.



The Parkdale Kindness Project



you will
never regret
being kind

You have been chosen to receive "kindness" by someone in your community. Maybe it's your neighbour, your friend or a neighbourhood child or young person that wants to brighten your day.

We hope you choose to pay it forward to keep cheer moving through our beautiful community through the whole month of May 2021.

- 1. Prepare a small gift bag to include items that show KINDNESS. Maybe this is a sweet treat, a poem, a drawing, a quote...*
- 2. Include this letter.*
- 3. Include a symbol of KINDNESS that can be displayed in the front window/door to show that you've received KINDNESS. This could be a Colorful Heart, a Rainbow, a Happy Face... and it can be handmade to show-off your artistic abilities so get out your construction paper, paints, markers and sparkles!*
- 4. Sneak to your location (after dark is the most fun), leave the KINDNESS Package then ring their doorbell and run as fast as you can. Don't come out until the coast is clear!!!*
- 5. You can show KINDNESS as many times as you like.*
- 6. Spot the "kindness" symbols in people's windows as you walk through the neighborhood, see how many you can spot!*

*Try to remain anonymous to keep everyone guessing,
it will be the talk of the neighbourhood!*

Spread "KINDNESS"

If you'd like to share, you can tag @parkdaleyyc