

Practice Kindness Every Day

Kindness as Invitation

Introduction:

Kindness opens doors. It says, “Welcome, you belong here.” It comes as a smile, a warm welcome, or a shared meal. Kindness invites others with joy, healing, and connection. Kindness creates a safe place to move into and stay for a while.

Inspiration:

“Kindness is the language which the deaf can hear and the blind can see.” - Mark Twain

Think of the neighbor who waves every morning, the coworker who remembers your birthday, or the child who makes room at the lunchroom table. These are invitations to feel seen. Through the invitation of kindness we build relationships and validate the other person.

Call to Action:

Extend an invitation of kindness. Reach out to a stranger, include someone left out, or create space for someone’s voice. Use #KindnessInvitation to share your story. Let’s build a living archive of compassion. Include #KindnessChallenge and #THunterBooks too!



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