

KiNDNESS MATTERS



Kindness Quotes

- “No act of kindness no matter how small is ever wasted.” (Aesop)
- “A little consideration, a little thought for others, makes all the difference.” (Eeyore)
- “The ideas that have lighted my way have been kindness, beauty and truth.” (Albert Einstein)
- “When words are both true and kind they can change our world.” (Buddha)
- “Love is the only force capable of turning an enemy into a friend.” (Dr. Martin Luther King, Jr.)
- “Life’s most persistent and urgent question is “What are you doing for others?” (Dr. Martin Luther King, Jr.)
- “Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” (Desmond Tutu)
- “To be kind is more important than to be right...many times what people need is not a brilliant mind that speaks but a special heart that listens...” (Unknown)
- “Treat everyone with kindness and respect, even those who are rude to you...not because they are nice, but because you are.” (Unknown)
- “Choose to be kind over being right and you’ll be right every time.” (Richard Carlson)
- “Here is my secret. It is very simple: It is only with the heart that one can see rightly; what is essential is
- invisible to the eye.” (The Little Prince)
- “There is no greater joy nor greater reward than to make a fundamental difference in someone’s life.” (Sister Mary Rose McGeady)
- “Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.” (Mother Teresa)
- “Go into the world and do well. But more importantly, go into the world and do good.” (Minor Myers, Jr.)
- “Despite everything, I believe that people are really good at heart.” (Anne Frank)
- “How wonderful to think that no one need wait a moment before starting to improve the world.” (Anne Frank)

Share your acts of kindness on social media using #StauntonKIND and #KindnessChallenge.

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- “Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars and change the world.” (Harriet Tubman)
- “Raise your words, not your voice. It is rain that grows flowers, not thunder.” (Rumi)
- “Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness.” (Leo Tolstoy)
- “It was only a sunny smile, and little it cost in the giving. But like morning light, it scattered the night, and made the day worth living.” (F. Scott Fitzgerald)
- “Be kind whenever possible. It is always possible.” (Dalai Lama)
- “Just one act of kindness that you perform, may turn the tide of another person’s life.” (Unknown)
- “The common mistake that bullies make is assuming that because someone is nice that he or she is weak.
- Those traits have nothing to do with each other. In fact, it takes considerable strength and character to be a good person.” (Mary Elizabeth Williams)
- “A smile is the beginning of peace.” (Mother Teresa)
- “Let today be a day to let Kindness rule all your actions.” (Jonathan Lockwood Hui)
- “Seek to do good, and you will find that happiness will run after you.” (James Freeman Clarke)
- “Kind words will unlock an iron door.” Turkish Proverb
- “The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.” (Dalai Lama)
- “Simple kindness may be the most vital key to the riddle of how human beings can live with each other in peace and care properly for this planet we all share.” (Bo Lozoff)