



**make
kindness
the norm.**
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THE KIND HEART PROJECT

In quiet deeds, let kindness bloom,
Anonymously, like a sweet perfume.
Take heart-shaped notes, each one a sign,
Of love and care, in your design.
Leave them where weary souls may find,
A gentle touch upon their mind.
With simple words, like "You are loved,"
Or "You're enough," from skies above.
In random acts, let love impart,
A healing balm to every heart.
For in these gestures, big or small,
Make kindness the norm for one and all.



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INSTRUCTIONS

1. Write a kind note in the shape above.
2. Cut out and leave anonymously.
3. Repeat to help make kindness the norm.

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RANDOM ACTS OF KINDNESS FOUNDATION®

