



Big Brothers Big Sisters

The Power of Kindness

William Penn said, "I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again."

There are some things you can do that can seem so little but the impact can be so big! Mentoring (☺) is one of those things and so is KINDNESS. But we can get caught up in our daily routine and forget to take a moment to show kindness to someone else. Plan now about how you can do this... and remember to do it. We're not looking for one random act of kindness on a single day...we're looking for a regular pattern of kindness in our lives.

Act of Kindness I can do today is: