

NO MATTER HOW FAR APART WE ARE FROM EACH OTHER - PHYSICALLY, ECONOMICALLY, IDEOLOGICALLY OR CULTURALLY, WE CAN BE KIND TO EACH OTHER, JUST LIKE THAT.

IN OUR TEAM, WE STUDY EVERYDAY KINDNESS. SEE WHAT OUR RESPONDENTS DID. DO IT TOO. JUST LIKE THAT.

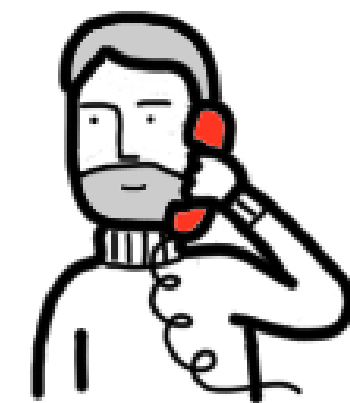
YOUR CLOSE ONES



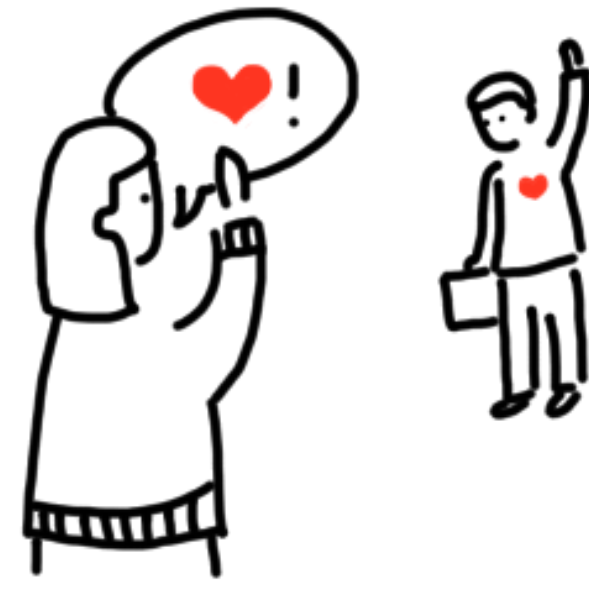
I LISTEN TO MY BOYFRIEND'S PROBLEMS (WITHOUT JUDGING).



WHEN MY MUM WAS CLEANING UP, I TOLD HER I WAS GRATEFUL FOR TAKING CARE OF THE HOUSE.



I CALLED MY 97 YEAR OLD GRANDPA.



BEFORE MY BOYFRIEND LEFT FOR WORK, I SHOUTED TO HIM THAT I LOVE HIM VERY MUCH.

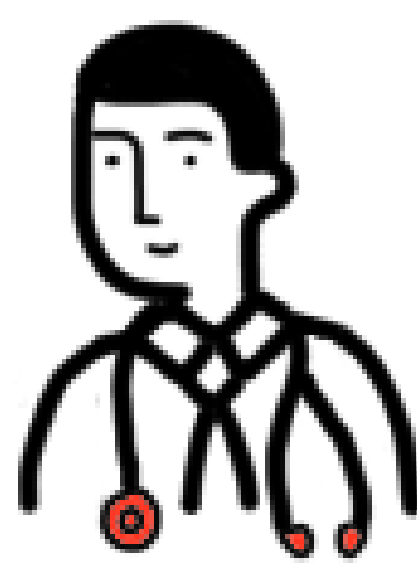


WHEN MY HUSBAND LOST THE WALLET WITH OUR CREDIT CARDS (YES, MINE TOO), I WASN'T TOO UPSET. I HELPED HIM LOOK FOR IT AND COMFORTED HIM BY SAYING THAT IT WAS NOTHING WE'LL JUST ORDER NEW ONES.



I SMILE AT MY GIRLFRIEND EVERY MORNING WHEN I WAKE UP.

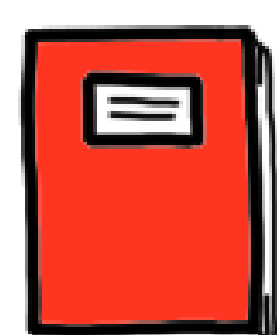
AT WORK / AT SCHOOL



I'M KIND TO MY PATIENTS, WHO OFTEN FEEL BAD AND CONFUSED. I PATIENTLY AND CALMLY EXPLAIN THE EXAMINATION AND WISH THEM A QUICK RECOVERY AND A NICE DAY.



I THANKED THE CONFERENCE ORGANIZER FOR THE VALUABLE CONTENT PROVIDED BY THE SPEAKERS SHE INVITED.



I REMINDED MY CLASSMATES ABOUT AN IMPORTANT DEADLINE.



I TOLD MY CLASSMATE THAT HER FLORAL DRESS WAS BEAUTIFUL AND THAT I REALLY LIKE HER STYLE IN GENERAL.

MORE DISTANT OTHERS



I COMPLIMENTS MY NEIGHBOUR ON HER LOVELY DOG.



TALKING TO NEIGHBOURS ON THE DOORSTEP, I TRY TO ENGAGE RATHER THAN AVOID INTERACTION.

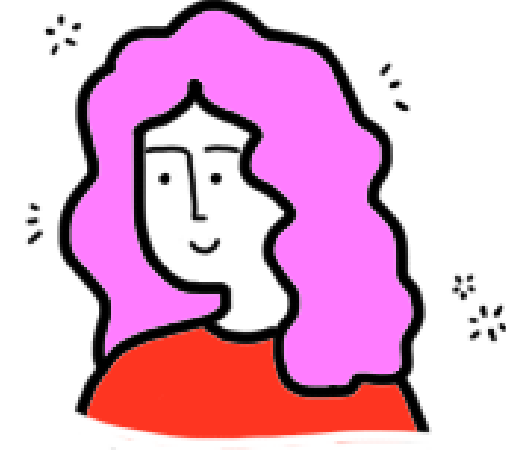


I SAID HELLO TO THE DOORMAN AND I WISHED HIM A NICE DAY.



I WROTE A THANK YOU NOTE TO MY DAUGHTER'S PE TEACHER, TELLING HIM I APPRECIATE HIS UNIQUE APPROACH WHICH DOES NOT DISCRIMINATE AGAINST CHILDREN WHO ARE LESS FIT.

STRANGERS



AT A TRAIN STATION I COMPLIMENTS A GIRL ON HER PINK HAIR.



I SMILED AT RANDOM PEOPLE WHEN I WAS PASSING THEM ON MY BIKE ON MY WAY HOME.



I TOLD THE CASHIER SHE HAD NICE NAILS.



I TOLD A PASSERBY ON THE STREET THAT I LIKE HIS MASK.



I TOLD THE LADY FROM THE CALL CENTER THAT I WISH HER AS MANY SUCCESSFUL CALLS AS POSSIBLE.



TODAY I MISSED A BUS, BUT I JUST LOOKED IN THE DRIVER'S MIRROR, SHRUGGED AND WAVED AT HIM WITH A SMILE.



I CHANGED MY ROUTE WHEN I WAS WALKING MY DOG SO AS NOT TO DISTURB THE BIRDS BATHING IN THE PUDDLE.

ONLINE



I WROTE A POSITIVE REVIEW ON MY HAIRDRESSER.



WHEN REPLYING ON A FELLOW MUM'S POST ON HOW HARD IT IS TO LIVE WITH A 2-YEAR-OLD, I TRIED TO AVOID JUDGEMENTS OR ADVICE AND I PAID ATTENTION TO EMOTIONS AND NEEDS INSTEAD.



I WROTE A COMFORTING COMMENT UNDER A GAY COUPLE'S PICTURE.