

Whether your club is creating a kindness campaign or just looking for ways to spread kindness in your school and community, use these resources from Kindness.org, Inspire Kindness and the Random Acts of Kindness Foundation to help.

## Cost-effective ways to be kind

- During the coronavirus pandemic, Kindness.org partnered with researchers at Harvard University to find the [most cost-effective ways to be kind through a pandemic](#).
- In the wake of George Floyd's death, they worked to find the [most cost-effective ways to choose kindness when it comes to civic responsibility](#).

## Inspire kindness

- Explore different ways to show [acts of kindness](#).
- Discuss [what kindness is and how we teach kindness to others](#).
- Learn how others are [spreading kindness during the pandemic](#).

## Random acts of kindness

- Everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness.
- Encourage your club to perform random acts of kindness and share those acts at your club meetings.

## Kindness activities

- See the Random Acts of Kindness Foundation's [full week of kindness activities](#).
- Use these [activities for home and school](#) to find fun ways to show kindness everywhere.
- Find [mini lesson plans and projects](#) for students in both in-person and remote settings.