

# Chain Reaction

“Act ye in such wise, showing forth pure and goodly deeds, and modesty and humility, that ye will cause others to be awakened.” —Abdu’l-Bahá

**H**ave you ever set up dominoes in a long line and made them topple over? You only have to push the first one, and the rest fall in order. We can see this “domino effect” in our lives also. One act of kindness can inspire a whole chain reaction of good deeds.

In fact, researchers have found that kindness is “contagious.” When people receive generosity, they tend to be more generous themselves. Acts such as

offering help, giving a gift, or donating to someone in need can spread and multiply.

Like the first domino in a line, a small deed can affect more people than you could possibly know. It doesn’t take a huge effort to make a difference. One simple, thoughtful act can start your community on a cascade of service. What can you do to get things moving in your world?

In picture 1, Soheil is opening the door for a neighbor. Find the neighbor’s kind deed and label it “2,” then continue in the same way to discover the chain reaction of service.

