

Kind Connections

“Strive that your actions day by day may be beautiful prayers.” —Abdu’l-Bahá

Have you ever been surprised by someone’s act of kindness? It’s like a friendly gift that makes you smile. Suddenly, life’s challenges may feel a little easier to handle. Even small things, like getting a compliment from a friend or a cheerful hello from a neighbor, can have a powerful impact.

When someone reaches out to you in service or friendship,

it often inspires you to do the same with someone else. Slowly but surely, one kind deed can propel an entire community into action. So cool!

How can you spread kindness today? Maybe you could deliver groceries to help a neighbor or encourage a sibling with their project. Little or large, your helpful deed may start a chain reaction of love and generosity.

In picture 1, Lola is delivering groceries to her neighbor. Find her neighbor’s kind deed and label it “2,” then continue in the same way to follow the chain reaction.

