In a world where you can be anything, be kind

You never know what someone is going through, but you have the opportunity to make their life a little better with a simple act. Take a tab below to complete an act of kindness, then share the story on **www.bchd.org/kindnesscounts**!

This kindness activity was inspired by Rachel, sophomore at Mira Costa High School.

Kindness and empathy spark the release of feel-good oxytocin in the brain of everyone involved, including observers.

In partnership with Beach Cities Health District and the City of Hermosa Beach Mayor Michael Detoy, City of Manhattan Beach Mayor Hildy Stern and City of Redondo Beach Mayor Bill Brand.

BCHD Beach Cities *Health District*
A Public Agency

CITY OF **HERMOSA BEACH**

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More To Sea redondo BEACH

Pay for someone's dinner
Share your kindness story on www.bchd.org/kindnesscounts

Leave a positive review for a small business
Share your kindness story on www.bchd.org/kindnesscounts

Send a motivational text to a friend who is struggling
Share your kindness story on www.bchd.org/kindnesscounts

Give someone a compliment
Share your kindness story on www.bchd.org/kindnesscounts

Pick up trash
Share your kindness story on www.bchd.org/kindnesscounts

Bake cookies for family and friends
Share your kindness story on www.bchd.org/kindnesscounts

Write a thank you note to someone
Share your kindness story on www.bchd.org/kindnesscounts

Leave room for a car to change lanes in front of you
Share your kindness story on www.bchd.org/kindnesscounts

Do a beach cleanup
Share your kindness story on www.bchd.org/kindnesscounts

Tell someone you are thankful for them
Share your kindness story on www.bchd.org/kindnesscounts