

# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: **Get Kind**  
Week 32: **Create a Ripple**



“Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have ripple effects.” ~ Dalai Lama, Tibetan Spiritual Leader



Kindness means different things in different situations for different people. You and the person next to you may respond differently to the same KIND act. When we are actively KIND, we are open and aware of others feelings and needs. We show understanding and compassion. Whether our act of KINDNESS is loud or quiet, big or small, it has a lasting impact. The receiver of KINDNESS may smile brighter, walk lighter and approach their day with more joy and positivity. That positive energy carries the RIPPLE forward to every person they meet. Their appreciation and joy, words and actions lift up the people around them. So our RIPPLE widens to continue on and on and it all started with just one KIND act. How can remembering that every action **CREATES A RIPPLE** help you connect to how much and why you **MATTER**?



Mail It Forward ~ Have you and your family members write a note of appreciation to someone important to them. In your notes, provide instructions for the reader to "mail it forward" by writing a note or completing an act of KINDNESS to express appreciation for someone important to them. Let's **CREATE A RIPPLE** of KINDNESS.



[www.uticak12.org/UCS\\_Wellness](http://www.uticak12.org/UCS_Wellness)

