



Choose to be kind | Choisir la bonté

## Ways to be Kind

### Top Five Ways to be Kind

#### 1. Give

Share your good fortune by donating to a charity, but remember that many charities need more than money. Donate blood, stem cells, or cord blood. Become an organ donor. Give your loyalty points to a charity. Donate your clothing, house-wares or furniture. Bring your gently used toys to shelters for abused women and their children. Or bring the toiletries you collect from hotel stays to local shelters for the poor or homeless.

#### 2. Volunteer

Volunteer your time, energy and talents to help a worthy cause. There are many wonderful organizations in our community who rely on the kindness of volunteers to provide programs or services in our city. Volunteering is a wonderful way to give back to your community by lending your unique skills to a group in need.

Get in touch with Volunteer Ottawa to register as a potential volunteer for current or future opportunities!

### **3. Say thanks**

Take the time to say thanks to the people who help you every day – from the bus drivers who take you to and from work, to the coffee shop and restaurant staff who serve you, to the police officers and security guards who strive to keep you safe and free from harm.

And the next time someone opens the door for you, helps you carry your bags, or does anything extra special for you, express your appreciation.

### **4. Celebrate kindness**

There are countless people in our community who are kind everyday: Nurses, doctors, hospital workers, home health providers and the relatives and neighbours who care for others at home or close to home. Acknowledge their kindness. Tell them you value their generosity and caring. They deserve the recognition.

### **5. Pay it Forward**

The next time someone is kind to you, make a conscious effort to pay that kindness forward by being kind to another person. That way, you multiply the impact of kindness. You feel good, you help another person feel good and you make a positive difference in the daily life of our community.

\*Donate blood, register to donate stem cells or cord blood, and become a future organ, eye and tissue donor.” Does this work? Or perhaps it would be better to put; “Donate blood, stem cells, cord blood, and in future organs, eyes and tissues.