

MENTAL HEALTH AWARENESS WEEK • 18-24 MAY 2020

**Kindness is a gift
everyone can
afford to give**

Anon

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**A LITTLE SPARK OF
KINDNESS CAN PUT
A COLOSSAL BURST
OF SUNSHINE INTO
SOMEONE'S DAY**

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**Be the change
you wish to see
in the world**

Mahatma Gandhi

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**KINDNESS
BEGINS
WITH ME**

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**Be kind
whenever possible.
It is always possible.**

Dalai Lama

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***When you are kind
to others, it not only
changes you, it
changes the world***

Harold Kushner

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**IN A WORLD WHERE
YOU CAN BE ANYTHING.
BE KIND**

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**No act of kindness,
no matter how small,
is ever wasted.**

Aesop

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**KINDNESS
COSTS NOTHING
BUT MEANS
EVERYTHING**

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**A KIND FRIEND IS
THE RIGHT KIND
OF FRIEND**

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