

# KIND HEARTS, KIND WORDS, KIND THOUGHTS



## How

Put your hand to your heart and say “Kind Hearts”, honoring your own unique kindness and the kindness of others.

Next, put your hands to your lips and say “Kind Words”. Reminding yourself of the power of your words and to use them to uplift and empower.

Finally, put your hands to your head and say “Kind Thoughts”. Remembering that thoughts turn into action. Offering your kind thoughts and actions into world.

## When

Everywhere, every day.

## Why

Empowers and emboldens kindness.

Invokes conversation about what it means to be kind.

Honors each individual's nature; through hearts, words and thoughts.

Introduces the word “interconnection”.

IMAGI  
NATIO  
YOGA