



the Family
★ place

BEKINDUTAH

one million ways in forty days

YOU'VE RECEIVED KINDNESS!

Now it's your turn to share!

- Enjoy your treats, place your kindness sign in your window & share on social media with [#BeKindUT2019](#) & tag The Family Place
- Make two copies of the Kindness Kit from [TheFamilyPlaceUtah.org](#)
- Plan a night to do it with your family within three days. Cut out hearts, make treats, read the story together.
- Choose two friends, loved ones or neighbors and secretly show them some kindness!

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Write an act of
kindness you've
received or done
[#BeKindUT2019](#)



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STARFISH KINDNESS STORY

One day, a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?"

The youth replied, throwing a starfish back into the ocean. "The surf is up and the tide is going out. If I don't throw it back, it will die."

"Son," the man said, "don't you realize there are miles and miles of beach and hundred of starfish? You can't make a difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf.

Then, smiling at the man, he said,
"I made a difference for that one."



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