

the Family  
★ place

# BEKINDUTAH

one million ways in forty days

## THANK YOU FOR YOUR SUPPORT

The Family Place's Be Kind Utah campaign is an initiative designed to increase and build an awareness of acts of kindness throughout the state of Utah. The goal is to record 1 million acts of kindness in 40 days during Utah Family Month! Our hope is the Be Kind Utah campaign will:

- Increase compassion in Utah communities
- Support Utah's efforts to become a trauma-informed state by bolstering emotional resilience
- Strengthen community bonds by developing empathy, respect, and humanity among community members
- Provide community members with support by providing information about community resources

### Here's what YOU can do:

1. Download your "Spread Kindness Kit" at [BeKindUtah.org](http://BeKindUtah.org)
2. Make your "Be Kind Utah" Pledge at [BeKindUtah.org](http://BeKindUtah.org)
3. Get busy and Be Kind! Record and share your acts of kindness on social media. Tag The Family Place Utah and use #BeKindUT. Be sure to follow The Family Place Utah
4. Encourage others to participate!

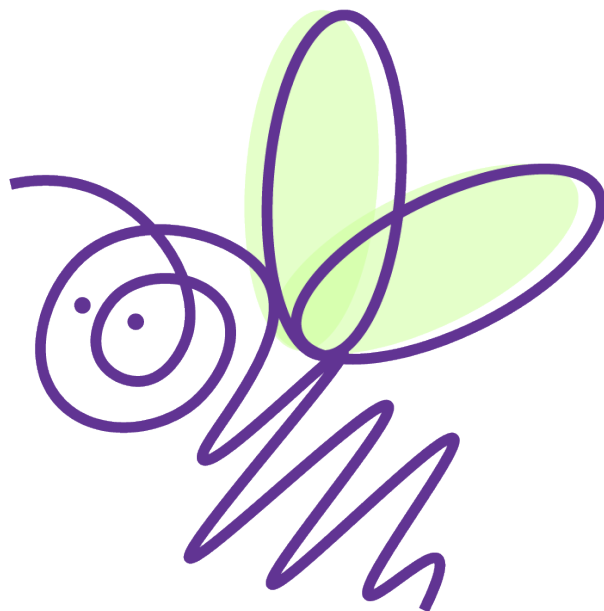


435.752.8880 | [BeKindUtah.org](http://BeKindUtah.org)

# I PLEDGE TO DO

---

## ACTS OF KINDNESS



# BEKINDUTAH

one million ways in forty days

the Family★place



# 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.**”



435.752.8880 | BeKindUtah.org



**BEKINDUTAH**

one million ways in forty days

Write an act of kindness you've received or done and let's cover Utah with kindness!  
**#BeKindUT**

---

---

*the* **Family**★*place*

TheFamilyPlaceUtah.org  
435.752.8880



**BEKINDUTAH**

one million ways in forty days

Write an act of kindness you've received or done and let's cover Utah with kindness!  
**#BeKindUT**

---

---

*the* **Family**★*place*

TheFamilyPlaceUtah.org  
435.752.8880



**BEKINDUTAH**

one million ways in forty days

Write an act of kindness you've received or done and let's cover Utah with kindness!  
**#BeKindUT**

---

---

*the* **Family**★*place*

TheFamilyPlaceUtah.org  
435.752.8880



**BEKINDUTAH**

one million ways in forty days

Write an act of kindness you've received or done and let's cover Utah with kindness!  
**#BeKindUT**

---

---

*the* **Family**★*place*

TheFamilyPlaceUtah.org  
435.752.8880

the Family★place

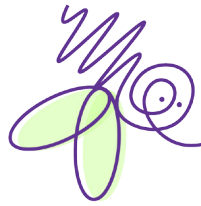
TheFamilyPlaceUtah.org  
435.752.8880

---

---

one million ways in forty days

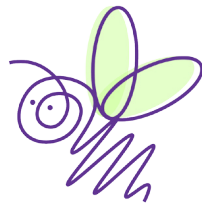
BEKINDUTAH



Write an act of kindness you've received or done and let's cover Utah with kindness!  
**#BeKindUT**

Write an act of kindness you've received or done and let's cover Utah with kindness!

**#BeKindUT**



BEKINDUTAH

one million ways in forty days

---

---

the Family★place

TheFamilyPlaceUtah.org  
435.752.8880