

THREE ACTS OF KINDNESS

For The Win





Three Acts of Kindness for the WIN



Instructions

Objective:

To enhance mental well-being and spread positivity by performing weekly acts of kindness for oneself, a known individual, and a stranger.

Players:

Individuals participating in personal growth and community building.

Materials:





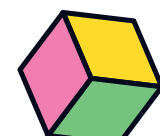

- Paper for writing down names.
- A journal for reflection (optional).


Setup:



Write down three names at the start of the week: your own, a friend or family member's, and leave space for a stranger.

Gameplay:

- Perform a kind act for yourself, like a relaxing activity or treating yourself to something enjoyable.
 - Do something thoughtful for the friend or family member whose name you've written.
 - Engage in an act of kindness for a stranger, such as a small gesture of help or generosity.
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- Reflect on these acts at the end of the week, noting how they made you feel. A journal can be used for this purpose.
 - Each week, choose new names and acts of kindness to perform.

Winning the Game:

Focusing on the joy and fulfilment derived from acts of kindness and the positive impact on yourself and others.

Additional Notes:

Three Acts of Kindness for the WIN emphasises the importance of kindness in promoting personal and communal well-being, encouraging creativity and empathy in daily life.

Download the video to share [HERE](#).

