



## Say Something Nice Day



June 1st is National Say Something Nice Day. Its purpose is to counteract bullying and foster civility. We all know that once we say something we can't take it back, that our words have a lasting impression on the recipient. Normally, the focus of that premise is to be careful about saying hurtful things. National Say Something Nice Day elevates that—leave a lasting impression with nice words today.

Need some ideas?

- Make it a point to say something nice to each person you encounter today.
- Give a genuine compliment.
- Offer genuine support, sympathy, or compassion when warranted.
- Put meaning behind the niceties you would normally say in passing: “Hi.” “How are you?” “Thank you.” “Have a nice day.” Make eye contact and listen to the answer.
- If you use social media, make a point to post kind comments today with the tag #SaySomethingNiceDay .
- Make compliment tear-sheets; <https://bit.ly/KM365Compliment>.  
Post them
  - in the lobby of your apartment building
  - on your refrigerator
  - in the lunchroom at work
  - on the side of the mailbox bank
  - on the bulletin board at your local grocery store, library or community center (Remember to get permission first!)
- Don't forget to acknowledge when someone says something nice to you today .

Let National Say Something Nice Day be the start of a daily kindness habit.

