

Kindness is Magic





5 Daily Habits to be a Kinder Person:

Smile as often as possible.

Always ask how you can help.

Be a good listener.

Speak positively about yourself.

Reflect on your happy moments.

Visit RMCcharity.org for Kindness activities, resources and more.



Stay connected with us on social media!

IG: @rmccharity

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Kindness
Brings Joy





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Kindness Makes
You Beautiful





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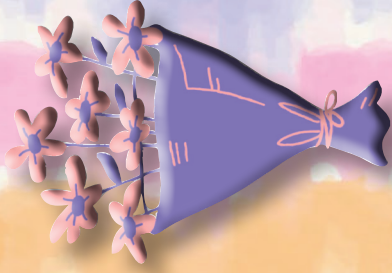
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Kindness Matters





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