

# LITTLE ACTS BIG KINDNESS PROJECT



Big Brothers Big Sisters of South Alabama has a long history promoting gratitude and kindness. Many years ago, we created Little Acts Big Kindness to help promote gratitude by performing simple acts of kindness in the community. Our hope for this project is to benefit

our matches by giving our Bigs the means to discuss gratitude with their Littles and how it positively affects people in their everyday lives. Most importantly, it teaches our Littles how to be kind to others and embrace an attitude of gratitude. This ongoing activity is also a great way to show them what it means to do something thoughtful and unexpected for someone they know or a complete stranger out of the kindness of their hearts. The reward is the feeling of seeing a smile on someone's face because maybe, you gave someone the courage to keep going.

- **WHAT TO DO** Encourage your Little to perform these little acts of kindness for anyone, anytime, and anywhere. You have the option of capturing these moments only when you, as a match, feel it's appropriate. When appropriate, we would like you to share your moment(s) with your Match Specialist who will then share it on our BBBSSA's social media pages with the hashtag Little Acts Big Kindness (#LittleActsBigKindness) and #BBBSSA. As a Big, you also have the option to share your thoughts about the experience on your personal social media account(s), if you have one, by tagging @BBBSSA on Facebook or @bbbssouthal on Twitter and Instagram with #LittleActsBigKindness and #BBBSSA. To practice what we preach, members of our BBBSSA team will participate in this project so you have an idea of how this can be implemented. Although we encourage our Littles to perform these acts, we believe this project will benefit our Bigs as well. So, feel free to do this on your own and encourage others to take part.
- **THE LABK KIT** Kits are ready to pickup at the BBBSSA Office or we can mail one to you, just reach out to [kelly@bbbssa.org](mailto:kelly@bbbssa.org) and let her know. The kit is to help you and your Little begin the journey of understanding gratitude by performing little acts of kindness. The items included are: 25 post-it notes and a QR Code you can scan for a list of ideas as well as a list of compliments and quotes to use as you choose. Feel free to use blank items from home or office for you and your Little to put your personal touch on.
- Our goal for this project is to create a culture of giving and a foundation for all of us to build upon. As a collective, we will spread kindness to the community, which in turn, will hopefully engage others to participate in our Little Acts Big Kindness project. We want to do our part in helping the community, but most importantly, help our Littles realize what matters the most —alone we can do so little, together we can do so much. See it. Feel it. Pay it forward!