

## Keys Kindness Project History

Scientists say kindness is contagious. They say that even witnessing an act of kindness inspires people to be more kind in their own lives. If this is true, imagine what could happen if we intentionally became the example of a “Community of Kindness”.

What could happen if we set the wave of kindness in motion and watched it ripple out into the larger world? Think about it. Visitors from all over the world pass through our community. If kindness is contagious, they will feel the warmth of kindness here, and carry it into their own lives and their communities worldwide! Imagine the joy of being part of a force to inspire kindness everywhere!

History of the Keys Kindness Project 2015:

Keys to Peace began the “Keys Kindness Project” with a highway litter pickup (Be Kind to Mother Earth).



Then we enjoyed a joy filled peace festival with music, food and fun! (Be Kind to Yourself).



**Last October we had our first annual “Kindness Giveaway”. It’s like a yard sale, with no money exchanged. Bring what you can, take what you need. No money and no bartering will be exchanged, just a loving sharing of kindness. It was a huge success and we look forward to our next event in the fall of 2016.**



**We offered weekly kindness workshops over a period of 3 months, showing how kindness can improve our lives mentally, emotionally and physically.**

**As a result of these groups, we came up with the idea for the “Fresh Outlook” Laundry project (Kindness to the Community).**

