



Dartmouth is bringing the Kind30 campaign to campus to build a culture where the conditions for kindness can thrive.

Kind30 is an initiative that asks participants to engage with 30 intentional acts of kindness and reflect on the experience. It has no political or religious affiliation. Dartmouth is one of the first higher education institutions in the country to partner with Kind30.

Faculty and Staff are invited to participate and create the conditions for kindness to happen more naturally across our campus.

Participating in Kind30 is simple. Here's how:



- **Sign up wherever you see Kind30 via the QR code above or using this link.**
 - Signing up opts you into Kind30 communications from Dartmouth Health & Wellness where you'll get reminders, ideas, and a collection of community reflections as the campaign unfolds.
- **Pick up your Kind30 wristband after you sign up.**
 - Wear it to signify your participation in creating a culture of kindness at Dartmouth.
- **Aim to engage in 30 intentional acts of kindness , even if small.**
 - Use the daily ideas in this toolkit or come up with your own.
 - Feel free to share photos and tag @dartmouthcollege on social media
- **Reflect after each act via the QR code on the back of this sheet.**
 - Every reflection enters you into a weekly raffle for local gift cards. If you submit 4 reflections and complete a closing survey by June 1st, you'll earn a Kind30 tote bag or cinch backpack at the end of the campaign while supplies last.
- **Keep going until you reach 30 acts of kindness. You can join or re-engage at any point during the campaign.**
- **Ask Questions or Collect Kind30 materials as needed.**
 - Email Dartmouth Health and Wellness at health.and.wellness@dartmouth.edu if you have any questions, or if you need materials to host a Kind30 sign-up location or event. You can also find more information here: <https://mentalhealth.dartmouth.edu/strategic-plan/creating-culture-kindness>.

Daily Ideas for 30 Acts of Kindness for Staff/Faculty



Once you complete an act of kindness, fill out the short survey using this QR Code!

Below are 30 ideas for creating the conditions for kindness. Treat this as a menu, not a mandate. You should swap freely, do your own thing, or use it as a spark when you're not sure where to start!

Week	Mon	Tue	Wed	Thu	Fri	Sat / Sun
Week 1	Send an appreciative email to a colleague whose work you've noticed	Learn the name of someone in your building you haven't met	Bring something to share at your next meeting or in a common space	Check in on a student who seems to be struggling – one conversation	Hold the door, carry something, or offer to help without being asked	Write a note to a staff member in facilities, dining, or admin thanking them specifically
Week 2	Introduce two colleagues who might benefit from knowing each other	Attend a campus event outside your usual community	Acknowledge a student's non-academic effort or growth, not just their work	Create space in a meeting for a quieter voice	Share a resource, article, or opportunity with a colleague or student	Leave a shared space cleaner than you found it
Week 3	Write a letter of appreciation for a student's file or send to their advisor	Ask a colleague how they're really doing – and follow up	Give a student more time than required when they come to office hours	Recognize a staff member's contribution in a team meeting or email	Eat lunch somewhere different and have a conversation with someone new	Set a boundary kindly – model that self-care is part of a kind community
Week 4	Mentor informally – offer 30 minutes to a student or junior colleague without agenda	Nominate a colleague for a recognition or award they deserve	Share your Kind 30 participation with your team and invite them to join	Do something unexpected for your office or department – a gesture, not a project	Thank someone who trained or supported you early in your career	Practice self-kindness today – take a full lunch, a walk, or a real break
Week 5	Celebrate a team milestone or personal win publicly, not in passing	Write a recommendation or endorsement someone hasn't asked for	Host an informal gathering – coffee, a walk, something low-key and open	Do one visible act of care for a shared campus space	Reflect on the month: what did kindness look like in your work this May?	Share your Kind30 reflection with the community via the QR code