



## 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.

**Dartmouth students 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](mailto: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 Students



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 at Dartmouth. 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
<b>Week 1</b>	Leave an encouraging note for your roommate or hallmate	Leave a book or resource somewhere it can be found and used	Text a friend you haven't spoken to in a while	Thank your TA or course assistant by name	Help someone carry groceries or hold the elevator	Write a kind message and leave it somewhere someone will find it
<b>Week 2</b>	Introduce two people you think should know each other	Attend an event from a community other than your own	Tell a staff member in dining or facilities that you appreciate them	Let someone go ahead of you in line	Check in on a classmate who seems stressed	Do something for your future self — prep, rest, or tidy your space
<b>Week 3</b>	Write a thank-you note to a professor or advisor	Pick up litter on your walk to class	Share a resource that helped you with someone who might need it	Sit with someone eating alone	Ask someone how they're really doing — and listen	Give a genuine compliment to someone you don't know well
<b>Week 4</b>	Volunteer an hour with a campus or community organization	Make or buy something for your floor or team	Send an encouraging message before someone's exam or presentation	Thank someone who has supported you this term	Buy a coffee for the person behind you in line	Do one act of self-kindness — whatever that means to you today
<b>Week 5</b>	Celebrate someone else's success publicly	Start a conversation with someone new in your class or club	Write a positive review or shoutout for a Dartmouth student business or event	Do a spontaneous act of service — no planning, just respond to a need you see	Reflect on 30 days: what kindness meant to you this month	Share your Kind30 reflection with the community via the QR code