

Make 2020 the Year of Kindness

Linden Grove School invites families and supporters to help make 2020 the “Year of Kindness.” By celebrating and encouraging acts of kindness, we help create a more accepting, understanding, and inclusive world for people with autism and related learning needs.

Be Inclusive

Include others in group activities and correspondence. Reach out to someone who seems shy, isolated, or alone.

Be Supportive

Acknowledge the skills or abilities of an employee, co-worker, friend or family member and encourage their efforts.

Be Generous

Donate to organizations meaningful to you, someone in your family or a friend. It may be a financial contribution, a gift of time or expertise or an in-kind contribution.

Be Thoughtful

Offer to buy groceries or do yardwork for a neighbor, or perhaps deliver home-baked cookies or drop a kind note in their mailbox.

Be Involved

Use your time and talents to improve the lives of others. Raise awareness and understanding for a cause important to you, someone in your family, or a friend.

Be Friendly

Make someone’s day with a kind note or a friendly phone call. Smile and take a picture of yourself, then share on social media.

Be Polite

Say *please*, *thank you*, and *pardon me* with a smile. Don’t stare or draw attention to people exhibiting behaviors unfamiliar to you.

Be Understanding

Recognize not everyone interacts with the world the same way you do. Give everyone your full attention. Take the time to know and appreciate what makes them unique.



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SCHOOL