



# Connection Corner

## Celebrating Connection, Kindness, and Belonging

**Welcome to the New Year!**  
As we enter this new year, let's focus on connection, kindness, and creating a culture where everyone feels they belong. This month, we focus on building meaningful relationships and fostering a welcoming environment for all.

*"No act of kindness, no matter how small, is ever wasted."*

- Aesop

### January Kindness Challenge: "Pay It Forward"

Objective: Spread small acts of kindness throughout your community or workplace.

#### How to Participate:

1. Pick a Kind Act: Smile at a colleague, write a thank-you note, help someone with a task, or share a compliment.
2. Track Your Acts: Keep a small journal or sticky notes of the kind acts you do this week.
3. Share Your Story: At the end of the week, submit one story or photo of your act of kindness to possibly be featured in our next newsletter to [bramey@nkesc.org](mailto:bramey@nkesc.org)
4. Bonus: Challenge a friend or coworker to complete one kind act each day for a week and see how many people you can positively impact together!



### Tips for Fostering Connection and Kindness

- Practice random acts of kindness
- Listen actively and show empathy
- Share experiences and celebrate differences
- Encourage collaboration and support

*By embracing kindness, connection, and inclusion, we can make this year memorable and enriching for everyone. Together, let's create a culture where everyone feels they belong.*

*"Even the smallest act of kindness can create ripples that reach far beyond what we see."*



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