

Because I *Love,*  
I believe in  
*Kindness...*



## About The Kindness Project



*The Kindness Project began in 1996 as a way for families to honor their deceased child and to help themselves heal. Now, years later, almost 2,000,000 (yes, two million!) [Kindness Project cards](#) have been used around the world to perform random acts of kindness in memory of a child, parent, friend, or spouse who died before their time.*

*The idea is to perform random acts of, usually anonymous, acts of kindness in your community. A little card is left behind so that the person who benefits from the kindness knows that someone's life and death continues to matter. This beautiful movement has helped thousands of families to heal and find positive outlets for their overwhelming grief.*

# The History of the Kindness Project

*The Kindness Project is a worldwide movement to share our children (or other loved ones) with those who never had the honor to meet them. Let me tell you why we are so excited about this project...*

*Dr. Joanne Cacciatore's daughter, Cheyenne, died in July of 1994. It was the worst day of her life. She says how she never imagined herself laughing or experiencing joy again.*

*Dr. Jo began to seek out ways to keep Cheyenne's memory alive within her family and to the rest of the world: She wanted to create a quiet legacy. She wanted people to know that Cheyenne existed and, more importantly, she wanted to help change the lives of others because of her presence on this earth.*

*So Dr. Jo set out on various missions of random kindness. On a daily basis, she looked for opportunities to reach out and do something unexpected and unusually kind for someone else. Most often, strangers were the recipients of these good deeds. As she did them, she began to feel a sense of peace in knowing that Cheyenne was the reason for her compassionate enlightenment*

*The [Kindness Project](#) blossomed out of the extraordinary experiences Dr. Jo had while doing things for others. She discovered that truly miraculous things happen to our spirits when we reach out to help others, and so she sought a way to share that movement with others.*

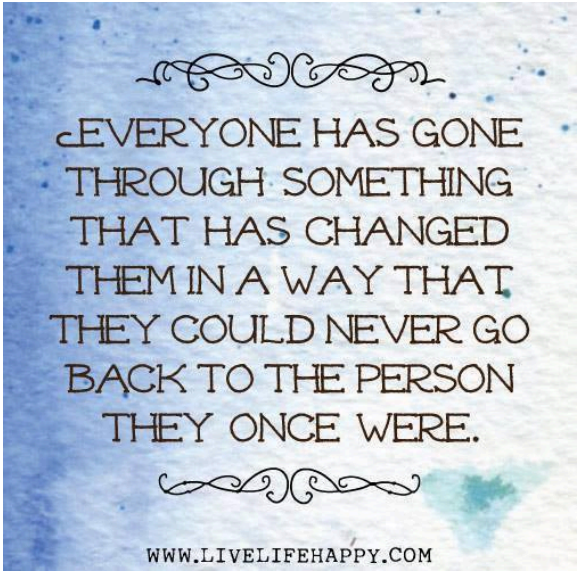
*It is our hope that through the Kindness Project, we can make incredible transformations within our communities, in our families, and in ourselves. Just imagine if every person touched by death would participate in helping to transform the world into a gentler and more altruistic world! What an impact this would have on so many levels!*

*[The Kindness Project](#) reminds others that our children, and other loved ones, are so very important to us that we are willing to extend the life and love of our child and share it with others! It is a legacy that transcends death. It is a legacy of love.*



I bought a grocery gift card and gave it to a random women with young children. - Lynn Green Harris

Every time I go to the car wash, I leave enough quarters, wrapped in a Kindness Project card, for someone else to wash their car. Yesterday I bought 7 snow cones at Shelby's favorite snow cone stand for the next 7 patrons. - Sharon Bays



Today I paid for the car behind me at our neighborhood Starbucks...I know this one is possibly done a lot, but it was very meaningful to me & the first time I had done it...It really felt satisfying, as I drove off & I peeked in my rear view mirror & saw the card being handed to the driver. As much as my son may have been struggling emotionally in this world, he loved humanity & accepted people, rarely having anything negative to say about anyone..I just know he would approve of this project & all the goodwill it brings about throughout the year! Done in memory of my wonderful 18 year old son Vincent, who left this world on March 11, 2009...his beautiful, peaceful spirit carries on! - Sharon Verbryck

Donated needed items for the local pet rescue today in honor or our daughter Abigale, our precious angel. - Jennifer Andersen



My act of kindness today was to leave bubbles at the park. Done in the name of my beautiful baby Milo. - Kris Richardson



My acts of kindness today were done in loving honor and memory of our beautiful daughter Sarah Elizabeth who would be 27 now: at the grocery store this morning I bought 10 bouquets of flowers, added kindness cards to them and asked the cashier for her and her colleagues to give them out to 10 people who came through their lines. I stopped at Dunkin Donuts gave them enough money and kindness cards to attach to the dozen donuts the next 10 people bought. And finally, I stopped at Starbucks for a drink, buying 7 \$5 cards and asked the barista to hand them out to the next 7 people along with a kindness card. All things our beautiful daughter would have loved to do. 10 years too long; but always and forever in our hearts. - Sue Wintz



This past Friday I donated several items of business clothing (suits, blouses, skirts -- all quality stuff) to Women Helping Women, an organization that helps the underprivileged; on Saturday I donated money to help a little girl whose story I follow here on Facebook; and I also paid the toll for the car behind me. In memory of my dear friends' babies, and of course, of mine. I will love and miss you all the days of my life, Matthew, and your memory will live on forever in the love. Thank you, MISS Foundation, for the Kindness Project. - Rosanna Moreno



Bought corn at corner stand for someone, the gal said "you're an angel" I said "No, I have an angel!" Also dropped dollar bills with cards wrapped in them in entries to fast food and gas stations. Miss my baby girl. - Debi Grover



Our R.A.O.K. was just completed!! We gave out 3 sets movie tickets at the Chandler Fashion Center Harkins Theater. Brandon used to love going to the movies there and Eric and Zoe did this as their R.A.O.K. last year. We gave three couples the tickets to represent our 3rd year participating in the kindness day...I think we have started a new tradition. Which will also include ice cream for dinner...which we just did at Baskin Robbins!! We love and miss you BLB... - Kris Beck Oldenburg

In memory of my Olivia Faye my sister and I took art supplies, games and beads to a local children's hospital. Being sick is no fun especially when you're a child so I hope these brightened someone's day. - Wendy Ortiz



Brought dinner to the pediatric/PICU floor at our local hospital in loving memory of Teddy, Leila, Juliana, Gavin, Deven and Mark... - Clarence Berger Greer

Some small gifts for Sunshine Week, organized by the Dreamchaser Foundation for the kids at Starship Hospital. In memory of Zoe.



In memory of Gabbie Spurbeck, I delivered flowers to other angels gone too soon. - Cheri Spurbeck



My son's birthday was July 7, and he died one year ago today, so the whole month has been especially difficult. I have been trying to sell a lot of items on Craigslist, including a never-used crib mattress (bought for my healthy daughter). Someone almost bought it but got into an accident on the way to pick it up. Then I got an email from a woman asking if we would give it to her, because she is in a very tough situation. I chose to believe that it was a legitimate situation and that it was my son presenting me with an opportunity to help someone out. - Shauna Bryant Yoder



Today we went to 2 local parks and the library- we left bubbles and balloons in honor of our son Liam David Brown 4-2-12. LOVE this way to honor my son, thank you! - Ashley Brown

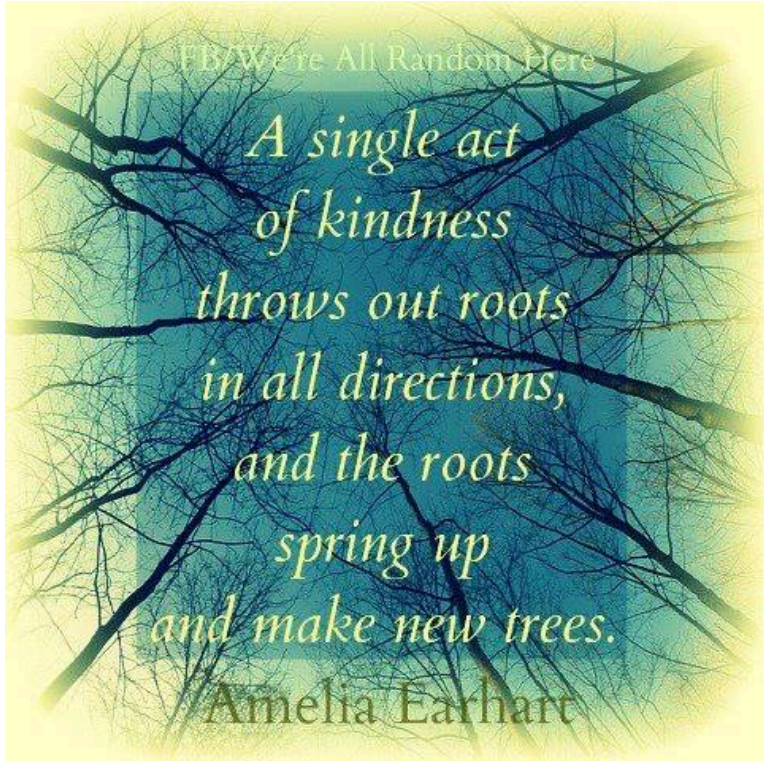
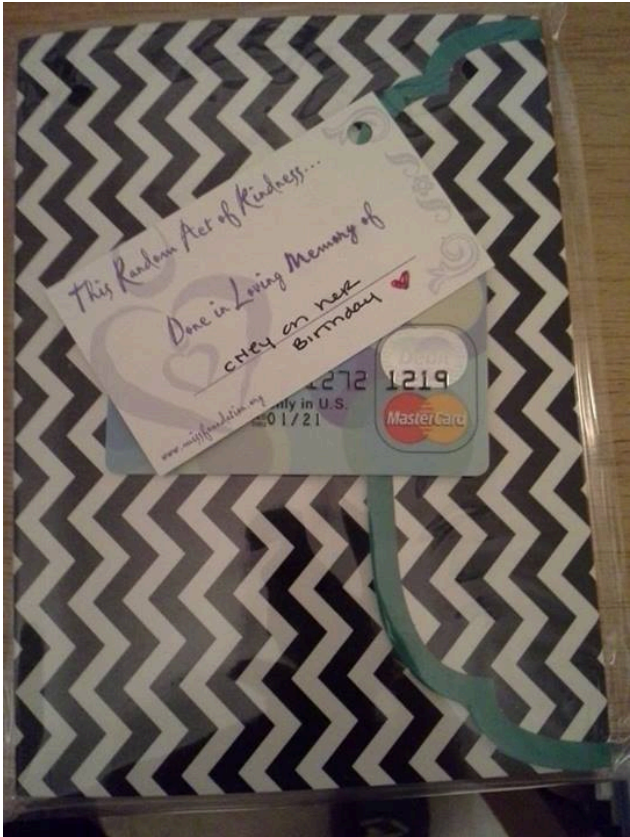


We covered a night's stay & some firewood for the next campers who register at one of our favorite campsites where we stayed after Scarlett died. - John Nanson & Lynn Farales



We gave a mom who needed some TLC a journal and a "comfort card"... a gift card for her to spend on herself for whatever she might need ( a haircut, massage, pedicure, date night). We are honored to be able to help this mom and her son as they travel their journey... spreading kindness because "love is bigger than death".

Gave 4 gift cards to pay for frozen yogurt today. The employees were so excited to participate in my random act of kindness and appreciative. Love you and miss you Liam. - Amy McCarter

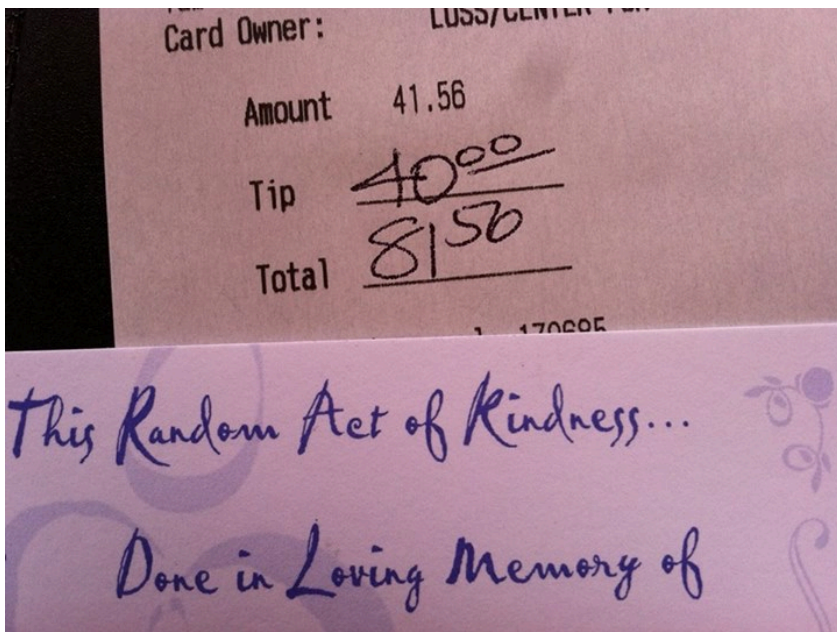


Today I dropped off ten backpacks stuffed with toiletries, water and snacks at the CASS homeless shelter in downtown Phoenix in memory of my sons Thomas and Michael. - Mary Torrez

I donated basketballs to Deer Valley Community Center in loving memory of my Son Michael. He spent a lot of time at the center playing basketball competing on young and adult leagues. Great memory. Miss you so much!!!!!! - Pam Bradley









Anonymous






*This Random Act of Kindness...*


*Done in Loving Memory*  
*of our Beautiful Child*  
*Samuel Roberto*  
*Castellanos*



After waiting for hours at the ER with Mark, I started to get hungry and went out to the vending machines. Two little brothers came up to the machine with a dollar. They were talking with each other, trying to figure out what snack they could get that they would both like. Sammy's Kindness Card popped into my mind. I knew that buying a snack for each of the little boys would make their day! I bought them each a snack and their eyes lit up with surprise and excitement. When I drew Sammy's Kindness Card at the walk, I was trying to figure out the perfect thing to do. Then, without any planning or forethought, the little brothers showed up and I immediately knew, this is what I was supposed to do! XOXO



Samuel Roberto Castellanos  
6/15/2008 - 7/2/2008



Gabriel Luis Castellanos  
4/26/2008

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This is what we did to honor our daughter, Ava Renee Jones. I had her at 23 weeks and 6 days last October. Her twin, born 2 days later, and her other 4 siblings survive her. We miss her so much every single day. We thought this was a beautiful way to honor her memory.... - Jason & Carrie Jones

I placed a movie ticket in a blank envelope for a person in our neighborhood. She has a beautiful front yard and the beauty of it brings me some sense of peace and is along a path I walk frequently. - Gina

Our Random Act of Kindness was done while we were in Oklahoma visiting Brian's parents. Two very "special" little girls are getting their birthday cakes paid for in memory of our precious little girl Brianna Jacklyn Bobier! - Jill Bobier



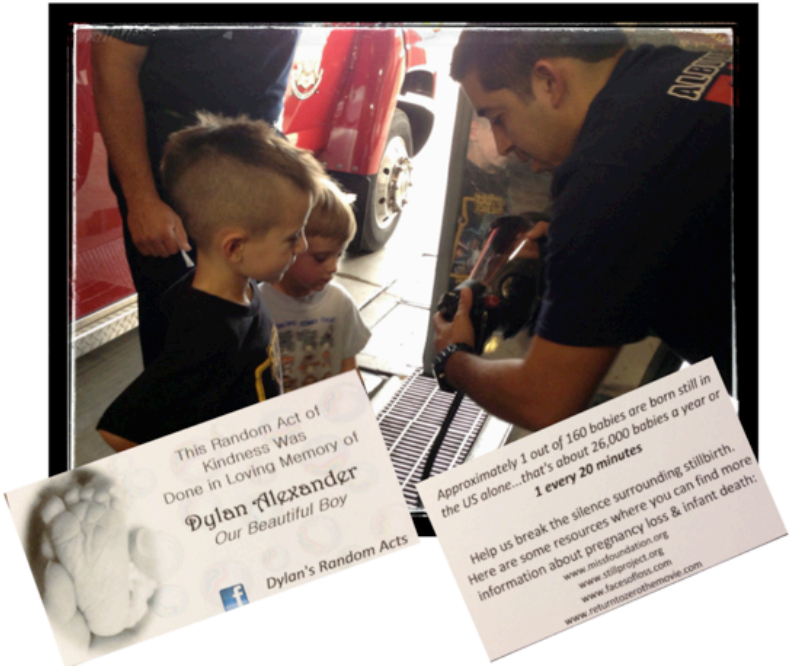
For our random act of kindness we took some bags full of munchies and a food gift cards for a restaurant near by to the hospital NICU. We spent 12 days with Our son in the NICU and we know hard it is to break away to eat so we felt it fitting. In honor of our Angel Lex. - Shelly Hakari





We started doing random acts shortly after our dear son, Dylan, was born still last year. Before long, I found the MISS Foundation and saw that you were encouraging the same thing. As a family, we do random acts several times a month and ask our extended network to do them for Dylan on his birthday.

For International Day of Kindness this year, we bought lunch for a couple in line behind us at a restaurant who said they were touched and would remember to pay it forward. Then, after three attempts to find an open bakery, we finally were able to buy a cake that we delivered to the local fire station. The fire fighters were incredibly kind and took Dylan's two older brothers on a tour of the fire truck. It was a wonderful way to honor our sweet boy.

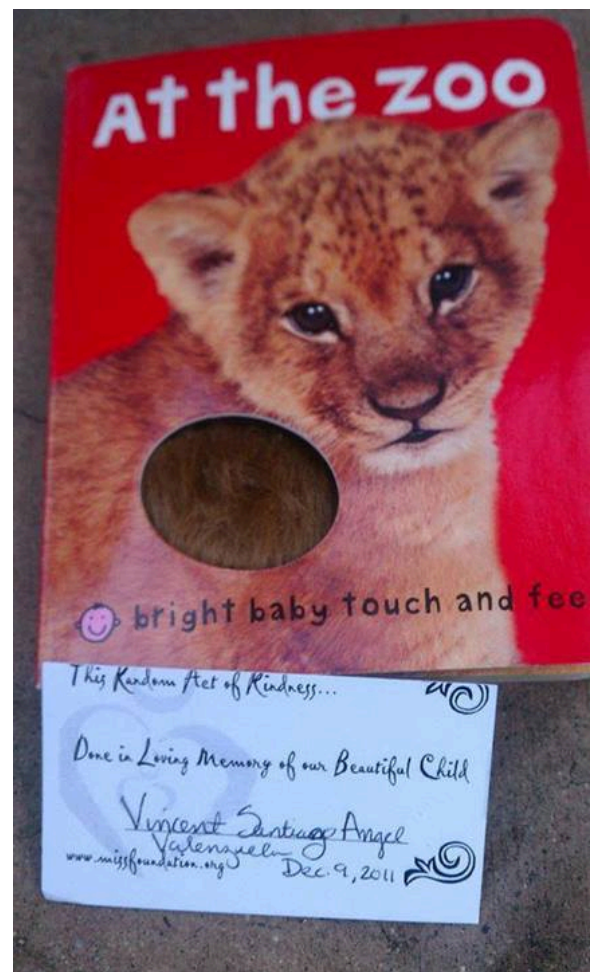


Most of the population in the Dominican Republic is impoverished and access to education is costly given the average household income. I decided to sponsor the education of two children. These two children will go to a better school close where they live. They were thrilled... and I plan to continue this every year... - Bianca



Spent the day at the zoo and my 7 year old son and I picked out this book to give to a family with a little boy. We did this in memory of my Sweet Vincent born asleep on Dec. 9, 2011. Oh how I would have loved to take him at the zoo. - Natalie Valenzuela

As I was passing an alley on our way to the park with Julia, I saw a woman going through the dumpsters while her two children walked around (ages ~ 7 & 9). I reached in our stroller and took out a new ball I had and gave it to them. The look in the mother's eyes was full of gratitude. I thought of my Shoshanna. - Sapphira Fein Edgarde



My 11 year old son died 3 1/2 years ago from cancer. While he was sick, he was a patient at Blair Batson Children's Hospital in Jackson, MS. While we were there we were given gift baskets from various people who filled them with snacks, food and toys. My church is now doing a project where we will be taking donations of non-perishable items to donate to the families of the children who are patients at this hospital. Just our way of giving back and helping make the families stay there a little more bearable. - Leigh Bourne



This was my first year participating in the Kindness Project. We lost our little Lucy on March 20 this year; she was stillborn at 25 week and two days. We are still on a search for the cause.

I was in Toronto this weekend for a 'girls' weekend', and we went to see *CATS The Musical*. After the show, I went to the concessions counter and asked what souvenir is most often purchased by children. The young lady behind the counter told me the souvenir programs are popular, so I purchased one. After she gave me my receipt, I pulled a kindness card out of my purse and pushed the book back to her. "So, if you could just make sure this gets to the next child that wants one?" I asked.

"What?"

"I'd like to leave this for the next little girl or boy that wants one."

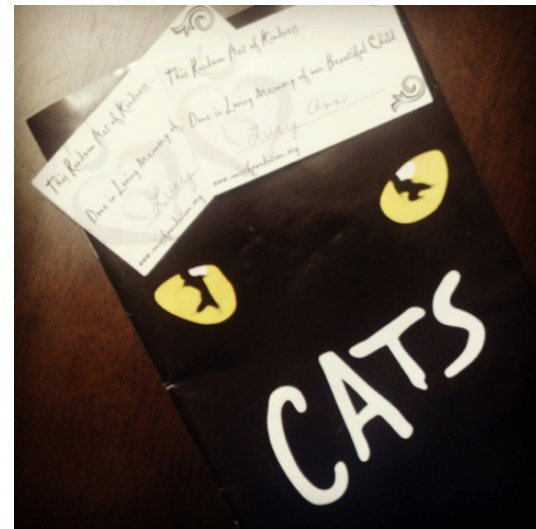
"No way!" Her face softened into a kind smile.

"It's a memorial sort of thing for my daughter that died. Thanks for helping. Have a great second show!"

"Of course. Have a really great afternoon."

I walked away, but one of my friends watched the girl-behind-the-counter's face. "She's starting to cry," she said to me. I didn't look back, but I knew I had touched her in some small way. I also knew that she would make sure a child got that program. It was a nice feeling.

I've been really inspired by the Kindness Project. I plan to keep some Kindness Cards in my purse all year long for when opportunities present themselves. What a wonderful (if bittersweet) project to be a part of. - Kelly Maclsaac



I try to do something each month on the anniversary of my daughter's birthday and day of death. This year for Kindness project day I chose to honor my daughter's memory by remembering the hospital where she was born. I bought 2 dozen newborn and preemie outfits and donated them in her name.

I baked some cup cakes and took to a fire station with the card. Felt good! - Sharon Bramlett

Each year I donate comfort bags (candle, journal, book, resources, some of my writing and other small touches) for bereaved parents at the hospital where our son Liam was born. I take the bags to the hospital every September in honor of his birthday. I found out on Saturday one of my comfort bags was given to a newly bereaved mother on kindness day. My heart breaks for this new mother who will leave the hospital with empty arms. I hope the comfort bag will bring her some sense of love and the tiniest bit of comfort as she begins the long road of grief and healing. - Amy McCarter

On Saturday July 27th 2013 I was driving through the town I live in, Aurora, Ontario Canada and it was close to lunch time. I had my husband and my twin 5 year olds in the truck. We were taking them for haircuts then grocery shopping for that night's dinner. As we passed the LCBO (the local liquor store) I spotted a woman sitting on the grass near the sidewalk. She was very rough in appearance, her hair was dirty and matted, her clothes were dirty, her stare was blank and she was holding out what looked like an empty potato chip bag.

I kept glancing at her in my rear view mirror after I passed her. We don't see many homeless folks in this town. We are about an hour's drive north of the city of Toronto. THAT was where we would usually see them. A few would pass through occasionally, but I had never seen this woman before.

I should also mention that I am a police officer in the region my town is in. I have worked in that capacity since 2002.

After I dropped my husband and son off at the barber shop, I went back to where I had seen the lady. She was still sitting where she'd been when we'd passed her the first time. I parked in the lot next to where she sat, and left my 5 year old daughter in the truck while I went to speak with the homeless lady.

I asked her if she was hungry and if I could buy her some food. I ended up buying her lunch. A Coke and some potato wedges. She had hoped for fries with gravy, but there was nowhere around to get that. My daughter kept a pensive eye from the truck, and had many questions for me once I returned from my interactions with the stranger. We had a long talk about strangers, people who need help, and what is best to do for people we THINK might need help.

July 27th being [Kindness Project \(tm\) from the MISS Foundation](#) day ... I realized my deed was done on the best day of all. I knew I was doing it in honour of some of the lost children I have followed during their cancer battles. The one who most was in my mind that day was Donna, daughter of blogger "Mary Tyler Mom"...

I extend any good deeds I do in the memories of the world's lost children, your lost children, and pray that as we go forward, there will be fewer each year. - Amanda Constable

Our family made a donation to a local animal shelter who recently had a crisis situation and was in desperate need of supplies.

We also donated a 6th, 7th and 8th grade backpack complete with supplies to the local middle school who is in need.

And we adopted a family who is in need of school supplies and clothes.

In memory of Nora Elizabeth... always and forever. -  
Christine Grothe

Passed a breakfast sandwich with the card. Will do more as I can. -  
Sharon Bramlett

Today, I was at a little sandwich shop buying one of my children a sandwich before his acupuncture appointment. A woman in front of me had a debit card for her order that wouldn't work. There were several people in line and she was panicking. I handed the man my card and said, "Here, put her lunch on this."

She looked at me stunned.

"Oh no, no," she said, "that's ok, I'll wait until dinner."

And I said, "Please, it would bring me great happiness to buy a stranger lunch."

She looked at me for longest time and her voice cracked as she said, "My gosh, thank you so much. Are you sure?"

"No question about it," I said.

The cashier said, "Wow. That's really nice. Isn't it?"

And I said, "I am happy to help in any small way I can, so I should say thank you to you both for this moment."

I smiled. And they looked at me like I was mad.

Then there was silence, and the cashier got teary. The woman got teary. And yes, of course, I did too.

She, my dead child, broke my heart open yet again. To help another because of them is a tremendous gift-curse.

The [Kindness Project \(tm\) from the MISS Foundation](#) reminds me of my humanity and my connection to all. I am grieving and I am grateful.



I thought I would share with you all. My coworkers have all been kinda gloomy and as busy as we get we forget to take time to breath and enjoy our work. Last week I put up a sign on the lunch door "need a smile, take one" I cut the bottom into strips to pull off the colorful smiles. As people took their smiles I noticed more positive interaction between people. So yesterday I changed it up with a sign "take your fortune, no peaking ducks" and put fun little notes to pull off like "if you don't smile at 10 people a big fly will land in your nose" my efforts worked of putting smiles and positive conversation with people. This has brought joy to myself seeing others happy at least for a few moments of their day. I have people asking me what I going to do next. Just a nice random act of kindness I say and stay tuned. - Shelly Hakari

4 ice cream sundaes purchased at Culvers. As we left there was a family of four coming in. The parents were saying "we are here for a cone only! We heard them squeal with delight when we were walking out after the clerk told them all to pick whatever they wanted. I don't know why I got four. I usually do one or two or 8 but I'm so happy I made this family happy. - Billie Freiwald

These are two memory boxes ready to be delivered to the hospital where our son, Toren, died at birth 19 months ago. Included are kindness cards from the MISS Foundation in case the families would like to memorialize their child with an act of kindness. Acts of kindness have become like little flowers on our grief path. The path is still very difficult, but there is beauty too. - Andrea & Peter

I chose a load of baby books that I would have loved to read to our little girl, Alma, and took them around to our local children's centre. I also left a big box of party bubbles, which they took straight into a class of 3 year olds who were being read a story - they were delighted! Thank you Kindness Project and thank you little Alma. - Fiona Scott



I pulled to the window of the Saint Joseph Starbucks for my daily coffee and breakfast sandwich. This stop had become my morning routine, but today was different. I held out my Starbucks cash card and instead taking it, the barista handed me a business card. The barista smiled while saying my meal had been paid for by the woman in the car ahead of me. Wow, I thought, what a great start to the day. I looked down at the small card and observed the light purple writing; "This act of kindness...Done in loving memory of Mason Adams. Pass it on!" There was also a web address on the card and I resolved to look it up before passing it on. Now I am not a neat person and to stay organized my desk is cluttered with note pad pages, post it notes, and scientific papers. The memorial card was added to this pile and forgotten. Life moves quickly and kind thoughtful intentions can become lost in the layers of debris competing for our attention. I arrived at work this morning after a sleepless night feeling discouraged over continued treatments/complications due to a car accident last December. I was fretting over my to do list and the lost time this new course of physical therapy would cause when I uncovered the "Kindness Card." I was immediately transported back to that morning and out of myself. I remembered the good feeling I had that morning and wondered at the woman who "passed it on" to me. I stopped feeling sorry for myself then took a moment to think of the woman and Mason Adams. Gratitude is best celebrated with action. I resolved to visit the web site and let others know how Mason Adams touched my life that day and changed my attitude today. I pledge that Mason's card will be passed on today. - Laura Lee Wright

I received a thank you card today from the kindergarten teachers of a local school today for the school supplies I sent in on July 27th in memory of my son. I was surprised to receive it especially since school was closed for the summer. The amazing thing about this is that I was feeling particularly low today and that brought a smile to my face. It is so nice to feel appreciated.

I have been giving a lot of thought to doing something nice and unexpected again during the Thanksgiving and Christmas holidays in Joshua David Barnum's memory.

I had a long horrible 13hr work day yesterday and I'm walking out to my car all cranky...and I find a little container of bubbles with a note that says "in loving memory of Thomas " it was bitter sweet...very sad that someone had lost their child. My thoughts went out to Thomas and his family. On the other hand, the bubbles were such a sweet surprise...and you better believe I was blowing bubbles 12:30 at night! Thank you for that. - Ashlee Ling

Thank you so very much to everyone who participated!

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The MISS Foundation would like to thank Lauren Clemens, a beautiful and generous young woman, for helping us put together the 2013 Kindness Project report. Her heart, and the hearts of many volunteers like her, is what makes our organization a successful labor of both grief and love.