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.

- See more at: www.KindnessProjectDay.org

Where it All Began

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.

- See more at: www.KindnessProjectDay.org

The smallest act of kindness is worth more than the grandest intention.

Oscar Wilde

Kindness Project Day

www.KindnessProjectDay.org

A good deed brightens a dark world...

Author Unknown

Please Join us for International Kindness Project Day

www.KindnessProjectDay.org
My Kindness Project in honor of my sweet Charlie.
Went to Starbucks and paid for all the cars in line behind me.
Left a RAOK card for each car.
Thank you for this opportunity to honor and share about my son with others!!

A couple of dinners and movies for random folks at Woody's diner, spreading our love for Danny...on this International RAOK day. With Lexi Oates

In Michael's memory I was able to buy 4 people a coffee (or something) from Starbucks, and treat two girls and a family to Balboa bars. All secret except for the two girls, and they wanted to know all about Michael. Then I got to meet up with my bff Susan for tea. I am totally closest to my old self when I am with her. You are my touch stone.

Bought a $10 gift card for the person behind me in the Caribou drive thru this morning in honor of our sweet Abigale on National Random Act of Kindness day! I love you sweet Abby

Kindness Projects in honor of Rodica back in the place where I brought her home, and where she went to school. A backpack for a little girl going into first grade and an extra backpack to go where needed.
We lived behind a colonial era country store that still sells penny candy. I went in today with 5 one dollar bills to use for penny candy purchases. When I explained what I was doing the women working there remembered Rodica from their elementary school. Most of the kids in the school knew who Rodica was, I was so touched that there is real connection with that random act of kindness, and that Rodica is remembered.”
Beautiful Kindness Projects
Performed and Received

In honor of my sweet Dane, who would have been starting preschool this year, we collected and donated school supplies to a local DV women and children shelters. It always warms my heart to have such wonderful friends and family who help us honor him and spread kindness in his memory!!!

4 gift cards for 4 special kids.... I know my daughter is so proud. Kimora Elise who was born sleeping 6-23-2011

Sno Cones on this 100 degree day. Shelby loved to try all of the different flavors

Today is International Kindness Project Day, sponsored by the MISS Foundation. I purchased coffee for random people at Wawa, Hope it made someone’s day a bit brighter. Because we MISS them.

I invited our neighbors to chalk the walk in front of our house today and take a treat in memory of our Evangeline.

In honor of my son Connor Kasubowski I purchased free ice cream for many little kids today at our local ice cream shop in Alpena, MI. My 1st Kindness Project since he passed away on June 23, 2013. Thank you for having such an amazing program. I love seeing all these posts!

Did’t take an actual picture but... A dear friend was having a very rough week at work so I picked some sunflowers from my garden and a craft beer and left it for her on the table. I attached a kindness card in Memory of my son Bobby. It certainly brightened her day.

In honor and memory of Cheyenne...towels to the vet for the critters I’m sure she would have loved.

It felt good to pay for another child to enjoy the places Anna liked. I do so desperately wish for one more day with her, but I am grateful for this community of parents to lift me up and press me forward to do good in her memory.

www.missfoundation.org
Today I purchased coffee for some strangers in memory of our baby Dylan.

#Kindness Project in honor of our beautiful, smart, kind 7 year old daughter Madison, we set out 7 buckets with shovels, along with 7 bottles of bubbles. On each bucket we attached a laminated Kindness card with pretty purple ribbon. In front of the buckets, on a rock our daughter has sat on many times, we placed a sign with Madison's photo and a little bit about the Kindness Project. As we played we were able to watch kiddos and their families go up and read about the cards and buckets and walk away with them. Bittersweet. All we do, we do for you Madison Charlotte. Until we meet again.

In memory of the beautiful life of our beloved son, Evan Nathaniel Nasky, Brian and I have completed 24 heart cards since Evan would be 24 this year. We are working with a local calligraphic artist who will add her golden touch. The cards will then be offered as a pay it forward kindness from my studio at Austin Artspace. This means that anyone who visits the studio can take a heart as long as they commit to paying forward. Evan will love it, I know.

Heartfelt thanks to Amy's Ice Creams of Austin, TX for their support of our 2015 Kindness Project in memory of the beautiful life of beloved son, Evan Nathaniel Nasky. Since the kindness is random, all I can say is enjoy the best ice cream in the world and pay it forward with an act of random kindness.

Donating to Rosa's Fresh Pizza, a pizza place in Philadelphia that does not charge homeless people for a slice of pizza. With the help of donations, they've given away around 23,000 slices of pizza.

My Sara was stillborn many years ago and did not have a headstone until I went home last Summer. My dad had found this beautiful petrified stone and put her name on it. My granddaughter and I went to the cemetery and placed it. I had not been home for 29 years and this was something that was heavy on my heart all those years. God Bless my Dad!!

Here is our kindness project. We celebrated our son, Colten's 7th birthday by having a party at Build A Bear. We had 125 completed bears which we delivered to the patients at Valley Children's Hospital in Madera CA. Our son Colten passed away at the age of 19 months as the result of a dog attack. He inspires us to give back.

A dear family with six very young sweet children most likely out for a rare dinner out. What a blessing to be able to give to them in Haley's honor.
In the loving memory of our lovely daughter Júlia, Stillborn on the 20th of February 2014 we've decided to give some clothes of her and a Christmas gift to a girl of her age that is in a institution. Merry Christmas from Portugal.

For the past two weeks we have invited friends and family from around the world to help us keep our beautiful baby boy's memory alive through our Kindness Project. People from Canada, Mexico, Japan and the U.S. have donated funds, backpacks and school supplies to help us support the Volunteers of America organization's Operation Backpack, providing aid to at risk kids. I delivered eight backpacks full of school supplies for kids from Pre-K to Grade 12 to our local office. Others have dropped backpacks off at local organizations in their own communities or donated funds directly to the project. We love and miss you every day Shane. It feels good to help others in your memory.

As a family all the kids donated some of there own money, a dear friend Monica Dresher, Dr.Bret E Moosoo, and Harris and Allen Dental all helped to make this possible!! Random acts of kindness is something each of us can do no matter how small makes a difference! In memory of my son Matthew and an amazing Facebook page and inspiration Blessings from Brysen. Today we Helped a senior her name is Kelli from Skyline High, she decided to arrange a project for her senior year. Chase and Ethan Johnson

Given to a little girl at Bearizona. The mom was so happy and after reading the card you saw your face of joy but sadness. A tip given to the young man at Twisters Soda Fountain... Noah remembered him from our trip to Grand Canyon and he is super nice!

Grape Sonic slushies were my favorite indulgence when I was pregnant with the kids. I distinctly remember drinking the syrupy goodness and having both boys kicking at once. I think they liked it too. Gift cards for Sonic in honor of Samuel, Gabriel, Cheyenne, Mckenna, and Rylee. Spreading kindness...one gift at a time. ❤

$26 tip for a $16 bill. In memory of my sweet baby girl Destinee.

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Beautiful #KindnessProject's in honor of a precious little boy Brysen.

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Beautiful Kindness Projects Performed and Received

It is 92 degrees in Highlands Ranch, CO, right now. Knowing it was going to be a hot one I decided to buy cold lemonades, keep them on ice, and troll around looking for people outside who looked like they could use one. It didn't take my four-year-old, Asher, and me long to find: a couple kids working at a car wash, a house painter waiting at a bus stop, a worker on a commercial mower, and a construction worker getting off his shift, all in our neighborhood.

Since I bought the lemonades at the Dollar Tree, I couldn't resist buying three gift cards there for the cashier to give to customers after I left. Doing that was so fun that I went to a store that Kade loved: Barnes and Noble, and did it again.

At first I was really nervous to approach cashiers about gift cards and people on the street about lemonades. But then it started to feel like an adventure. Kade was an energetic kid who liked to smile and make other people laugh. I hope he was on our adventure with us today.

- Jenny Robbins, Kade Riefenberg’s mom

Today was a day of love. I bought this backpack, got a list of what a kindergartner needs and bought all the items. This is in memory of my brother-in-law who died last August after a short painful fight against Colon cancer. Tim was especially kind and loving to children. Way back 22 years ago, Tim helped my three year old son get over his fear of dogs. Tim was patient and loving and so gentle with my son. We miss him terribly. I know he is doing God's work and doing a fantastic job at it!!!

In memory of Cheyenne, Noah & all those gone too soon...I visited the beautiful, wooded Wildlife Rehabilitation Center where they care for an amazing array of injured wildlife. I delivered 21 Kind bars for the dedicated staff & volunteers & a money donation so they can continue on to care for all living creatures. The pet cemetery caught my eye & I couldn't pass up the opportunity to visit the graves. The language of grief is so universal-MISSed, loved and remembered.

Today we visited ‘The Kindness Tree’ planted in Charlotte's honor at Camp Knutson, Minnesota. Camp Knutson is a summer camp dedicated to serving children with special needs

Today my beloved friend messaged me this. I am eternally grateful to her for all that she does for me. A truer friend there never was...

In honor of Mathew today, I went out at lunchtime to Potomac Yard which has a Regal Cinema and picked up four gift cards for the movies and concession stand and a short while later I met a family on their way in to the theater and I told them today was International Kindness Day and I wished them a great day and they immediately said they would pay it forward! I included four cards in memory of Mat too. We keep Mat and you and Greg and Chris in our thoughts and prayers. Always remembered with love.

Turns out handing out 20 free scratch off tickets to strangers on the street in NYC is not as easy as it seems! But once I explained the project, most people were really touched and grateful.

In your loving memory son....Still shaking from walking in here...Wow
In memory of Anthony Frost, a donation of 100# of
dog food to the Sedona animal shelter.

After Kindness Project Day last year I had cards
printed because I wanted to do RAOK all year. It
comforts me and it’s fitting because my Heather was
so kind, loving and generous. Today I bought Baskin
Robbins gift cards and asked the cashier to pass them
out to anyone who ordered Mint Chocolate Chip ice
cream, which was Heather’s favorite.

Went to a local coffee shop and paid for a gift
card for the cashier to give to someone. Got to
spread some love this morning in honor of my
daughter Mckenna.

In memory of Ronan, a $100 tip on a $22 bill for a
wonderful food server who is a single parent. The
Kindness Project

My son always wanted to be a pilot. So we delivered
his favorites to those who share his passion of flying
at our local Air Force recruiting office."

I went to the Angel of Hope today and brought the
roses for the Children Gone Too Soon. This was our
5th year of Roses. We dressed the Angel and
Surrounding area with 100 roses in honor of the
children and In Memory of Dawn Marie Sansone. To
those Parents who have lost a child, Thank you for
allowing me to honor and remember them today....

Kindness day at Circle K was a huge success! Thank
you Aurelia Bradley, Melissa Flint and Jim Huffman
for enduring 12 hours of AZ sun on concrete to honor
all the children gone too soon. It was another
beautiful day with you. Also, thanks for all the
parents who came and spent time with us today

A wonderful Kindness Project done in honor of
Dawn Marie

An extra generous tip for this anonymous

A very sweet Kindness Project for Gabbie

I donated to a resale shop that uses all the proceeds
for abused women & children home in memory of Ian
Patrick

A stack of new books to the local children's centre in
memory of our little girl Alma Lily Ray Siden
Kindness Project XXX
The beauty of the Kindness Project at Cakes by Creative Remembrances in Middleton, MA! This cake is so special for so many reasons. It celebrates the hardwork, success and determination of Julianna for passing her nursing boards and starting her new career. Congratulations and Best Wishes, Julianna! We know you will go on to do so many wonderful things!! This cake also celebrates kindness, compassion and love. It celebrates today, July 27th, ... International Kindness Project Day.

This cake was anonymously gifted to Julianna and her family as a wonderful random act of kindness from one of our amazing clients (a nurse herself) in memory of her beautiful daughter. Thank you Kelly for sending such love and showing us how to put kindness in action. Please know that so many hearts were touched this weekend."

Our son Gavin was born 6 months ago, on January 26th. He was with us for 3 days and passed away on January 29th, 2015. In his three short days of life, he spent time at three different hospitals. The last hospital he was at was Phoenix Children's Hospital. This is where we gave our last kisses and said all we wanted to say to him, letting him know how much he is loved and always will be. PCH is where we saw his beautiful face for the last time.

We have done many random acts of kindness throughout these past 6 months. For International Kindness Project Day, we are taking tote bags filled with toiletries, water, a journal, and a blanket for parents in the NICU at PCH. We also got small blankets the NICU nurse said they were running low on. We miss Gavin every second of every day. Gavin will live on in our hearts forever and we will always spread kindness in loving memory of him.

I have found that hatred and rage cannot exist where there is kindness and love. In the name of my 17yo daughter Beth who died by suicide in Dec 2013, I took a friend and her two daughters (who were all sick with the flu), a care package of treats; flowers, chocolate, magazines, lemons, oranges, fruit juice and good coffee. Dropped it off anonymously and felt the negative emotions melt away. This awareness is the unexpected gift that has come from the tragic loss of my daughter

In memory of our son Hugo, we bought him a Christmas gift and we gave it to a boy of the same age that is in a institution.

As part of our efforts spread some random kindness on the 27th and honor Evan's memory, we talked with the Austin Zoo and Animal Rescue Center. That are excited about the opportunity. Evan would be 24 now. So, on the morning of the 27th the first 24 children will have free admission to the zoo and receive one of the Miss Foundation Kindness Day cards.

The Kindness Project trending on Twitter and around the world!
Beautiful Kindness Projects
Performed and Received

Today as part of our annual Kindness journey, in honor of my beloved Granddaughter, Haley, our family donated a car to a family in need. It was to go to my daughter, Serenity, Haley's mother, but she was sincerely happy to donate it to a well-deserving family. The car was owned by my life-partner, Neil. It was something that didn't really take much thought, and knowing what its like to struggle in life, this was pretty easy to pay forward in her memory. The one thing Haley had always pushed was to be fair to others in life, especially those in need and that were doing their best in life and having a rough go. This family sadly has had a string of challenges and we wanted to gently open a new door with this gift. It was a great feeling to see this man and his sweet daughter happily drive off knowing he's going to be able to get to work, take his wife to her medical appointments, and, hopefully, have a bit of faith in life. Thank you, my beautiful Haley for giving us such a powerful love and directing us how to use it. Thank you MISS Foundation for leading us to putting kindness in action in her honor.”

My Shelby loved her local high school football team. She bought a t-shirt every year to wear on spirit Friday at school and to the games. When I went to get milk today, the cheerleaders were selling this year's shirts in front of the store. Even though she would be too old now to be in high school, I know Shelby would still want one. So because she isn't here to get one and wear it, I decided to buy one and let it be given to someone else to wear. I paid for a shirt and told the cheerleader sponsor to give it to someone she thought would wear it as proudly as Shelby would. I left a Kindness Card to pass to the lucky recipient.

I took this cake to work for Kyndrid today anonymously and left a note” The note reads: “This cake is gifted as a random act of kindness in memory of a special little girl who died. She isn't here to celebrate her birthday. Have some cake in her honor and spread the kindness in her memory. For K.

My daughter Brianna was called and was able to purchase a beautiful small children’s birthday present (my 16 year old daughter is still on the Cheer Leader team at my local school & is involved in the RAOK ProjectRAOK) for a child. Her 4 month old daughter Misty Grace and I made it a day inspired by The MISS Foundation - Kindness ProjectRAOK to celebrate. We started at our neighborhood bakery and purchased a decorated cake for a child’s birthday. Then on to Starbucks’ leaving a gift card for the next customer. Brianna told me of an apartment complex building that had been struck by lightning last night amongst the horrible flooding storms Houston experienced, and had burned 16 families out of their homes - 6 of which had children. We headed to our local Target and picked up 6 gift cards and tote bags for those families and dropped them off with the apartment management to distribute. Last stop was to take additional new clothing items (purchased also at Target) to a local organization called Cypress Assistance Ministries. At each stop Brianna explained we were offering these RAOK in memory of her mother and presented a card with Misty’s name. What a beautiful day. Tears, hugs, giggles, family, community, and lots of love!!! In deep gratitude xoxox

A little bit of kindness was spread today for my handsome prince, Blake. I attached this note to the cake box.

In memory of my love Marquis aka Chip I went to Phoenix Children Hospital to donate a few toddler toys in honor of his name! He was only 10 months old just 4 days shy of 11 months before he became my loving angel, thank you MISS Foundation & The Kindness Project for all you do! This really does keep our angels alive! I will always keep doing random acts of alive in Chips honor xoxo
Beautiful Kindness Projects Performed and Received

My full-of-joy Karina loved Starbucks in true tween fashion! In fact, I took her carpool to Starbucks in celebrate her birthday just five days before the accident that took her home. To celebrate her life, we strategically placed Starbucks gift cards at meaningful locations. Her gymnastics center and swim team pool, a installation of her artwork on city street, a scenic lookout bear our home, and a Redbox location where we would rent movies for family night. It was difficult, bittersweet, and empowering task to SPREAD JOY in Karina's honor as our first year’s participation in the Kindness Project.

For our son's 13 birthday on 1 August, we donated money for 13 ice creams at Amy's Ice Creams in Austin. Bump's brother Jack also donated money to the Mothers Milk Bank of North Texas.

This is the first year since I found MISS, or more accurately was led to MISS by the compassion of a friend and mother of the little boy I've watched since he was 3 months old while she and his dad are working. I am so grateful for her compassion and courage. June 16th was the 3 year anniversary. I took Pnut and his dad to ride an old historical train, when I bought the tickets I purchased 8 more children's tickets for the staff at the depot to give away along with the kindness project cards I printed.

On June 27th I will be in RL, where I am from, and where I brought Rodica home from Romania. I have a cousin involved in the foster care system who is going to help me find a recipient for a young girls backpack filled with school supplies and hopefully some personal and special items for her. I have a friend who has also told me she will do a random act of kindness in living memory of my daughter. MISSing all our children.

A stunning blue skied Saturday arrives at last. It's the end of Passover and my traditional pizza slices symbolize the holiday as much as the matzah. The pizza shop was packed, but most of the booths were filled with red uniforms & caps on little league baseball boys. I thought immediately of Noah on a baseball team...maybe T-ball this 5th year. I made some conversation with them about their game & they were a really sweet bunch heading to play another game in today's tournament . While waiting for my pizza, I watched them all...laughing & joking & having their soda & pizza as I ached for Noah. I passed this Kindness card & some money for "After Game Treats " to one of the parents & told her about Noah. Kind eyes and gratitude were returned to me.

As I ate my pizza their coach came over to thank me. One by one, other parents and most of those boys came over to thank me...hug me...shake my hand as I cried into my pizza.

"Win for Noah," I said.

The morning after oh how I remember that morning years ago, 7/11 will never be the same again. So in loving memory of my son gone too soon a kindness was done this morning in your memory. Love you, Mom

R.A.O.K. in loving memory of LUCKY Douglas who passed recently. We donated $120 in needed supplies to the Humane Society. For Lucky

While waiting for a friend, I decided to go into a coffee shop. When I ordered a coffee I went to pay with my credit card and the women said I had to pay at least at least $5. After looking at my options to order more, I decided I didn't want anything they had. I said to her I would like to pay for the couple behind me. The couple looked at me puzzled, questioning me, asking why I would do that. I smiled and said, just paying it forward. She smiled, they ordered, I paid gave her a kindness card, walking away. In this process I forgot to get my coffee. I went back up to the counter. The women I gave the kindness card to asked, "was that a friend of yours on the card," I said no it was my daughter. Putting her hand on my arm with tears in her eyes, she said "there's no greater loss". That simple gesture from her meant more than she will ever know. No other words needed to be said.

www.missfoundation.org
Beautiful Kindness Projects
Performed and Received

Yesterday, I picked my children up from school here in Litchfield Park, AZ and we decided to stop by our local Dutch Brothers coffee shop. We made our normal orders and when it was time to pay the young man behind the counter explained that one of those drinks was free and handed me a little card and bracelet with name Dane Mcdonald on it. Honestly, I was brought to tears. I was moved for two reasons. First I was concerned for the family and what they must be going through. Standing there waiting on my drinks I looked at my two beautiful children and couldn’t imagine the grief the family must be going through. Second, being a faithful man and Christian, my thoughts were turned to the blessings of life. I have struggled for a few years with some grief and have prayed for it to be lifted. He always does but yesterday I was overwhelmed with a feeling of thankfulness and gratitude. I do not know the Mcdonald family but I hope this message will find them. Your act of kindness in Dane’s name has reached and touch my heart and life and I would assure you I am not the only one. Thank you for taking the time and the effort through Dane’s name in the spirit of his life to touch mine and many others. May God bless you... Dane’s kindness and love is no doubt dwelling in the hearts of many today.

Thank you,
Greg H.

I am pondering out here at the cemetery and noticed all the graves in the child garden that don’t have a headstone someone recently has made these little stones with the child’s name on it. There is at least ten of them. What an honorable heartfelt thing someone has done. I know it took a year until our headstone was placed. Something like this would have really been touching had it been done for my child. There is some really good people in this world!

From the recipient: "Her act of kindness, in honor and remembrance of her son Evan, was so sweet. (I) fully grasp the importance of her act, and (I) will never forget. Today I framed the print and will hang it in our home.

From a Kindness Project recipient: I was at McDonald’s yesterday with my children and the person in front of me paid for our breakfast. The cashier handed me a card with your organization on it. I said thank you to the lady. She said it was in memory of her son who passed away 15-months ago. She said doing things like that gets her out of bed in the morning. I never heard of MISS Foundation. I looked it up and your work is amazing. I just wanted to say thank you for helping this lady with the loss of her son and thank you for making me want to pay it forward.

We had this memorial tree created in loving memory of our son Jackson Rhys who was stillborn March 4, 2014. We donated the tree to the hospital & each butterfly will be engraved with the name & birth date of an angel baby. One of the flowers says "We will hold you in our hearts until we can hold you in heaven” & the rock at the bottom is titled “Our Angel Babies”. We thought this would be a beautiful way to remember the babies that are gone too soon & to help families begin to heal. Sending lots of love to all the angel babies.

I am wondering out here at the cemetery and noticed all the graves in the child garden that don’t have a headstone someone recently has made these little stones with the child’s name on it. There is at least ten of them. What an honorable heartfelt thing someone has done. I know it took a year until our headstone was placed. Something like this would have really been touching had it been done for my child. There is some really good people in this world!
Beautiful Kindness Projects Performed and Received

To honor precious Noah on his 5th birthday. What a wonderful Kindness Project!

"Yesterday I became aware that Cardon's Children's Hospital was in great need of Legos. I knew this was a perfect opportunity to do a RAOK for Noah's 5th birthday. My daughter Hope picked out this Lego set and she assured me that it was something Noah would want for his birthday if he was here. At her tender age, she has grown accustomed to buying gifts for children she knows play with her brother far from here. Children she will not know. As we approached the end of the aisle she found a penny. A sign I know her mamas will believe came just from him. My daughter came home and promptly put the penny in her piggy bank. I smiled to myself thinking her older brother would be proud.

For Noah on this most specialist of days. Happy Birthday sweet boy. Because of you, my heart is fuller. Thank you."

One night while waiting at the photocopying shop, I saw one bystander sitting at the pavement. He was looking at the other side of the road which is a restaurant where there are many people talking and eating. Upon thinking that he does not take his dinner yet, I check the money that I had and it is not enough to buy him a one full meal so I just decided to go to the Burger Machine and bought him 2 pcs. of burger and a softdrink. I gave it to him and he smiled. I went back to the photocopying shop, I cannot see him directly but only his shadow & it feels great to see his shadow while eating my simple offering. After eating, he went on his way and had a last one look on me though he does not mentioned any words. I know with his glance, he is very thankful.

Another story that I wanted to share is when I saw a man who is not that neat, he was sitting at the corner and looking at the people passing by. I usually had food in my bag and during that time, I remember there's box of Toblerone given by my pupil. I handed it over to him at first he refused to accept it but when I said its for him. He smiled and said thank you very much.

A Kindness Project in memory of a beautiful young woman who died too soon of cancer, now providing a comfort bag for other women enduring cancer treatment.

The wonderful bag ended up being donated to the Cancer Center in Sedona to a woman who is enduring her second round of chemotherapy. Originally she was diagnosed with breast cancer. The cancer has now spread to her lungs, liver and bone. She was very touched by Britni's story and with this heartfelt gift. She stated that purple is her favorite color. The day she received the bag, they had ran out of blankets, so the beautiful purple blanket was used as she was receiving chemo. It was an honor to give this bag to her.

JAX ACT OF KINDNESS PROJECT
My grandson Jax Francis - Pearson Savelio 04 / 16 / 11 - 08 / 27 / 11 Passed from S.I.D.S.
In honor of his memory we collected items that are being donated to our local Child Haven for foster children

Be a rainbow in somebody else's cloud.
Maya Angelou
www.missfoundation.org
What amazing #KindnessProject magic from the founder of the project, Dr. Joanne Cacciatore: I went to Phoenix - a 90 mile drive for me - to attend a meeting, and stopped in a coffee/tea shop to grab a cup of my favorite Earl Gray tea. While there, I was beautifully shocked to realize I’d been touched by a little girl named Betty Hunter through Kindness Project, in a city of nearly 2 million people! Nearly 20 years after I started the MISS Foundation and the Kindness Project, I was the grateful recipient myself. What a beautiful and magical holiday surprise.

I was having breakfast by myself this morning and felt inspired to leave a $100 bill for the waitress who was working very hard but whose smile and kindness lit the room, despite her busy-ness. The bill came to $12.30. I thought this little extra “tip” in his memory might make her day.

In memory of Jason, his family does a Kindness Project, buying the meal of a stranger... Because Jacob's life matters, then, now, and always.

Katie loved coffee shops. That is where she loved to study, meet friends, listen to music and read a new book. She also loved coffee. Katie wrote & recorded a beautiful song, SUNFLOWERS...it is 1 month since she died...& I am spreading kindness in her memory. She is MISSe'd immensely by our family & her friends and I know, she is remembered every day."

A Kindness Project from Jessica whose mom purchased these Isabel Bloom figures for grieving mothers not only in loving memory of my son Jackson Rhys who was stillborn on 3/4/14 but in memory of each of their babies as well. The card reads "To the world you may be just somebody, but to somebody you just might be the world."

In honor of Blake for the #KindnessProject, I contributed to the purchase of a headstone for a young boy. His family had put the stone on layaway as they could not afford to pay for it. Now their son will have a headstone. Anonymous
I stopped by Coldstone on my way home from work tonight and bought 6 gift cards, attached a Kindness Card to each, and gave them back to the cashier and asked her to use them to pay for 6 children's ice cream. These precious children are spreading a little love tonight.❤️

By Alane Breland, MISS Foundation Board Member

So I'm in Dallas, Texas, for training and we ate at this amazing Mexican restaurant for supper and my bill was a little over $20 and I left the waiter a $10 tip and I didn't have any kindness cards on me but I wrote a note on the bottom that it was in memory of my daughter, Melody Ford. I know it wasn't a big $100 or anything but it was what I could do and it made me happy to honor her in that way. Today at orientation they asked me about myself and without hesitation I explained I have four children and I talked about changing the CBRS in Iowa and how I believe the FMLA needs changed to allow grieving parents time to mourn without risking their jobs. And my orientation manager later shared that his sister lost a child and I explained more about the MISS Foundation and how we reach out and help others in need. Thank you to this organization for empowering all of us to reach out in honor and memory of our beloved children. We remember them with each breath we take and sharing them eases our grief just a little.

Mandy
Southwest Iowa chapter, MISS Foundation

Part of my recent NYC trip was a random act of kindness in Nia's memory. At FAO Schwarz, I purchased a $20 gift card and handed it to the cashier along with a Kindness card with Nia's name, and I explained to her that I needed her help in doing this act of kindness for someone. I asked her to give the gift card and kindness card to the next person who purchased something. We chatted for a while (no one behind me in line) and her eyes welled up. Guess what her daughters name is? Yes. Nia. Her Nia turned 13 last week, a September baby just like my Nia would have been. As they say, no coincidences. I walked out of that beautiful toy store alone, wishing my Nia was with me... And my eyes welled up too, because I knew... She was.

From a Kindness Project vendor in Virginia in memory of James:

From our manager Bri at the store...just had to share: "Just experienced the most beautiful thing, a woman came in and wanted to pay for a dozen cupcakes for the next person who orders birthday cupcakes as a random act of kindness. She did it in memory of her nephew who passed 3 years ago. It really touched my heart." Kindness Project

From a KP recipient "I had no idea that really giving people still existed! You have no idea how the gift of these supplies has touched our lives. My daughter, who you helped stock for Kindergarten, had 2 boxes of crayons. I asked how she got 2 and she said that you gave her two - one for home and one for school. As she colored this morning with immense joy, I just needed to say thank you again. In a moment where a parent can't supply even the simple things, my heart is secure knowing that others can and will help."

In memory of Jacob and all the beautiful children of the MISS Foundation, I bought more than a cart full of wonderful new toys, art supplies, and educational games for children who had removed from their families due to abuse or neglect. These children rarely experience anything new. It is my hope that because of Jacob's life, the lives of 19 other children will be touched, and his legacy of love will live.

We were in Kentucky at the Louisville Slugger Museum on July 27th with our living son and two daughters. Justin would be turning 10 so we decided to pay for 10 kids to have a turn at the batting cages. We know how much our son would have loved playing baseball with his dad, brother, sisters and friends so we wanted it to be something that we knew Justin would love. The look on the workers face was priceless that I can only imagine how excited the kids would be.
A 91-year-old man gets a surprise Kindness Project in memory of McKenna:
I was at breakfast with my uncle and I knew I wanted to pay for someone’s meal. As I was paying for my meal I saw this elderly gentleman waiting in line. After I paid I turned to him and asked if I could pay for his meal. His face lit up, smiled and asked “why would you want to do that?” I said just because I want to and slowly grabbed the ticket and paid. As I was paying he said this is a nice birthday present. I said, “Oh it’s your birthday, well happy birthday.”
He said, “…Tuesday, I will be 91.” I gave him a hug wished him a happy birthday and he thanked me with a big smile. I feel like I made his day!

Kindness Project recipient sends a message of appreciation and love. Grab the tissues for this Kindness Project - In memory of Kenzie whose mama purchased two of the stuffed animals for the Kohls Care Donations. She says, “As I gave the cards to the cashier and told her to please give these 2 the next 2 customers with children...she was stunned and almost speechless. And this mommy was hiding her tears behind her sunglasses.”
One of the recipients sent her a note... wow.

The magic of the Kindness Project continues!
I bought 12 bottles of bubbles and asked the manager if she would give one to the next 12 kids who came through her line and give the parent the #KindnessProject card in memory of my son Joey. She was happy to help. I picked 12 because Joey passed on October 12th. A few months ago I gave a single mom who works at a local convenience store a bag with a kindness card, a ruffled scarf I made and a $25 gift card for Toys r Us. I laid it on the side counter when she wasn’t looking and was still in the store when she opened it. She started crying and I heard her say to her co-worker that she never had anything like this happen to her before and she could get her daughter something special. It was heart warming to see my sweet son brighten someones day like that. And to know even though he’s no longer here with me, he is touching people lives in a positive way.

Sincerely,

Dyan (Josephsmom)

In loving memory of my effervescent and beautiful granddaughter, Haley; I bought movie tickets in her honor for some unsuspecting teens that the ticket seller was to hand out at his discretion. Every Thursday was her and my “date night” and going to the movies was popular with us. The sweet kid that I purchased the tickets from and attached the Kindness Project cards to was in awe and said, “I’ve never seen anything like this!” We were both humbled. He was close to the age she was when she passed. Nothing feels better than to do things for others that we can no longer do with those that are absent from us.

For my Kindness Project today I purchased 11 ice cream cones from Runza and 9 snow cones from Kool Kats for the next people in line. The names above represent but a small number of families whose grief walk I have been privileged to be a part of. It is in honor and memory of these children, and especially my daughter, Melody Aurora Ford, that continue to reach out to families and commit random acts of kindness. Their lives may have been short, but we make sure their legacy lives on! Thank you, MISS Foundation!

Mandy Ford

From a grieving dad in Ojai, CA, the #KindnessProjectin action for the arts!

I left a $100 bill for a street musician in Santa Barbara, Ca. I hope he finds encouragement in this little bit of love. In memory of Tina A.

Beautiful Kindness Projects Performed and Received Highlights of 2014
Today my husband and I participated in the #KindnessProject for the first time. We gave a family of five, with three little girls, money to put towards their lunch in memory of our daughter, Adalyn. I never knew how doing this would make me feel. I got very emotional but it also felt good. Knowing that the family probably talked about us and Adalyn more than one time today, was worth it. I want more than anything for people to know about Adalyn and for those that know of her, to not forget her. We will do this again in Adalyn's memory.

Adalyn, April 23, 2013 - May 1, 2013.
A little kindness goes a long way.

Claire & Joe

We did our first RAOK today for International Kindness Day. 16 bottles of bubbles given away in memory of our precious son Daniel. I couldn't get the cards to print in the right size so just wrote my own, hope that was ok.

With love and gratitude

Lynne Devonshire

My father died about 5 years ago. He played minor league baseball in his twenties for a couple of years...he started playing baseball as a very young kid and sports became his life.

I visited a park today that he took me to as a child and left a basket of 24 starter whiffle balls on the bench of baseball field. The park is old and run down now and in a poor area of town. Often times there are children alone there trying to find something to do. Maybe having a ball will give one of those children the start my father had in life.
Just left a gift card for the next person with kids that comes into Dunkin. I know Noah & I would have enjoyed many donuts here & even on a hot day, a very frosty drink with 2 straws. The sweetness of the Kindness Project always reminds me of the magnitude of those that are MISSed every moment, every day. I am thinking of all of you that are spreading that love & kindness today.

Violet's parents committing the Kindness Project in Phoenix, Az

Kindness Project Day is an important event to me to honor the memory of my beloved 18 year old son, Vincent. Vinny was (is) a kind, sensitive & gentle soul that loved humanity. He left us most unexpectedly on March 11, 2009. Participating in the Kindness Project year round is one of many ways I have learned to cope. For the 2014 Project, I left an angel water globe at the grave of another young man that recently passed in the same tragic way that our Vinny did...I obsessed over buying just the right little boys backpacks that I knew he would have approved of (Transformers & Ninja Turtles) to donate to a back-to-school drive in South Phoenix...And because I used to love to go to coffee with Vinny, I stopped at Dutch Brothers drive through for a treat for me & the car behind me. I really do love perpetuating the idea that since my Vincent lived, this world was & can continue to be made a little bit better! Vinny liked everyone & I am honoured to be able spread a little kindness & happiness in his memory : )

In memory of all your children...each toy on the table has a kindness card with their name. Come to Circle K at 51st ave and Olive...south west if the crossroads...A Kindness Project revolution has begun!!!!!

This evening I paid for the meal of a young couple sitting near us anonymously. They were on their first date, so I overheard, and I wanted to gift them something special in memory of my daughter who died many years ago in July. The waiter had tears in his eyes. So did I." – Anon

We lost our son Shane Douglas on June 7th this year. He was 5 days old. I came upon the Kindness Project through a friend and thought what a wonderful idea. Today. We had his cousins over today so we decided we would honor Shane today instead of waiting until tomorrow. My husband, daughters and their cousins and I left bubbles at the playground for other kids to enjoy in Shane's memory.

A little extra Kindness Project gratuity for a sweet young woman working hard today who is about the age of my daughter who died.

www.missfoundation.org
Thank you for this project and all that you do for these children and their families. I did my random act of kindness a little bit early on July 18, 2014. I left two tubs of chalk, dozens of flick-r pet stickers and 28 bubble wands at a local kids park in Ontario, Canada on the one year anniversary of 5-year-old Caroline Cronk's passing. I also left dozens of 'kindness cards' for others to pass on the love and do a kind act for someone in memory of Caroline and all children gone too soon. When I returned later that evening the entire paved walkway was covered in children's chalk drawings and Caroline's name! The kindness cards, stickers and bubbles had all been taken as well.

Thank you for all that you do.

Best regards,
Dana Bourque

Today we did a kindness project for a little boy named Danny who will be celebrating his 6th birthday this week. Danny lives in Massachusetts and has cancer, an inoperable brain tumor. All Danny wants for his special day is birthday cards and to read his name written by strangers. But we couldn't stop there. In memory of Noah, we sent Danny a birthday card, a gift card for the movies and some spending money for popcorn and snacks. Join the kindness revolution!!

We deeply appreciate you sharing your stories, your children and your loved ones with us. Keep spreading the kindness all around with your beautiful Kindness Projects.