

## SENATE RESOLUTION NO. 144

Senators Bayer, Polehanki, McMorrow, Chang, Klinefelt and Santana offered the following resolution:

1 A resolution to recognize November 9-16, 2024, as Kindness  
2 Week.

3 Whereas, World Kindness Week is a global observation that  
4 emphasizes the need to be kind to one another in order to live  
5 peacefully in our local and global communities; and

6 Whereas, Kindness is an expression of consideration that  
7 brings out the best in others and in ourselves, with overwhelmingly  
8 positive implications for health, broader peace, and well-being;  
9 and

10 Whereas, Kindness fosters connection and understanding among  
11 individuals and communities that instills hope, builds self-esteem,

1 and enhances our society; and

2       Whereas, Experiencing and performing acts of kindness are  
3 known to provide greater happiness and optimism, reduced feelings  
4 of helplessness and depression, and an increased sense of self-  
5 worth; and

6       Whereas, Acts of kindness often inspire others to “pay it  
7 forward” in meaningful ways, thereby having significant positive  
8 impacts that extend well beyond the initial acts themselves; and

9       Whereas, No act of kindness is too small to make a difference  
10 and change a life, and anyone can make a lasting impact and change  
11 the world through kind actions; and

12       Whereas, Kindness is a choice that should be encouraged,  
13 recognized, rewarded, and celebrated to achieve more of it locally  
14 and beyond; and

15       Whereas, World Kindness Week was first observed in 1998 and  
16 has since gained traction in communities and schools across the  
17 globe, challenging individuals to be a catalyst for the positive  
18 change they would like to see around them; now, therefore, be it

19       Resolved by the Senate, That the members of this legislative  
20 body recognize November 9-16, 2024, as Kindness Week. During this  
21 time, individuals, families, schools, businesses, organizations,  
22 and all constituents are encouraged to perform kind acts, big or  
23 small, and subsequently “pay it forward” for the collective  
24 betterment of one another and for the greater good.