





This book is dedicated to all who have supported,
helped and cared for others during 2020.
We thank you for your empathy, compassion and kindness.





Never be so busy as not to think of others.

Mother Teresa



Kindness is the language which the deaf can hear and the blind can see.

Mark Twain



Be kind to unkind people. They need it the most.

Ashleigh Brilliant

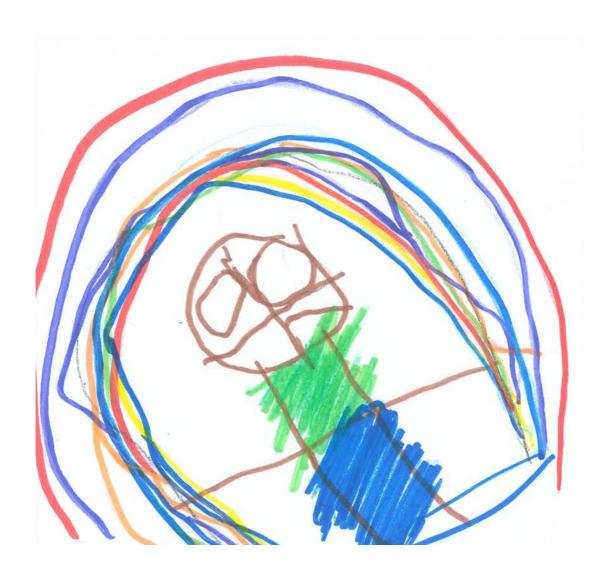


To the world you may be one person, but to one person you may be the world.

Dr. Seuss

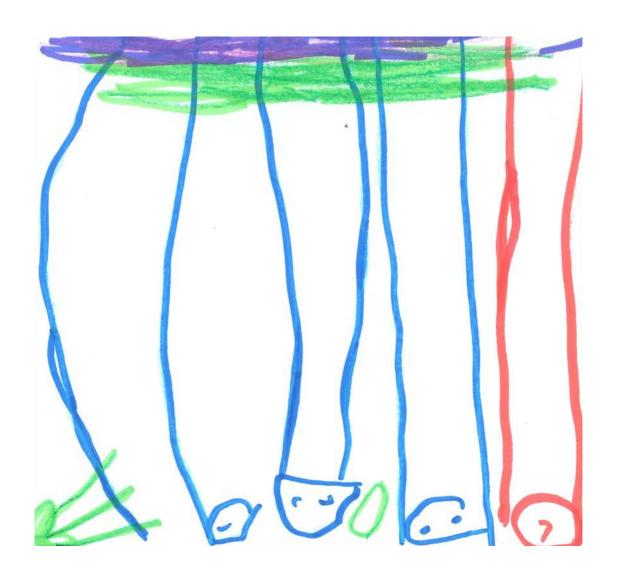


Believing takes practice. A Wrinkle in Time - Madeleine L'Engle



Kind words don't cost much. Yet they accomplish much.

Blaise Pascal



A warm smile is the universal language of kindness.

William Arthur Ward



Happiness can be found even in the darkest times if one only remembers to turn on the light.

Albus Dumbledore - Harry Potter



The greatest work that kindness does to others is that it makes them kind themselves.

Amelia Earhart



Kind words will unlock an iron door.

Kurdish Proverb



You can always, always give something, even if it is only kindness!

Anne Frank



A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.

Amelia Earhart



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

Aesop



Never look down on anybody unless you're helping them.

Jesse Jackson



Give the world the best you have, and the best will come to you.

Madeline Bridge



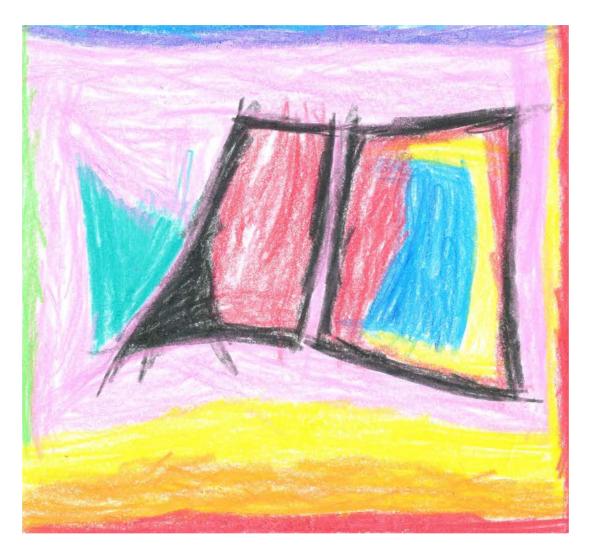
Kindness is the language which the deaf can hear and the blind can see.

Mark Twain



Try to be a rainbow in someone's cloud.

Maya Angelou



Kind words are like honey-sweet to the soul and healthy for the body.

Bible 16:24



Kind words can be short and easy to speak, but their echoes are truly endless.

Mother Teresa



Si vis amari, ama! Seneca (If you want to be loved, love!)



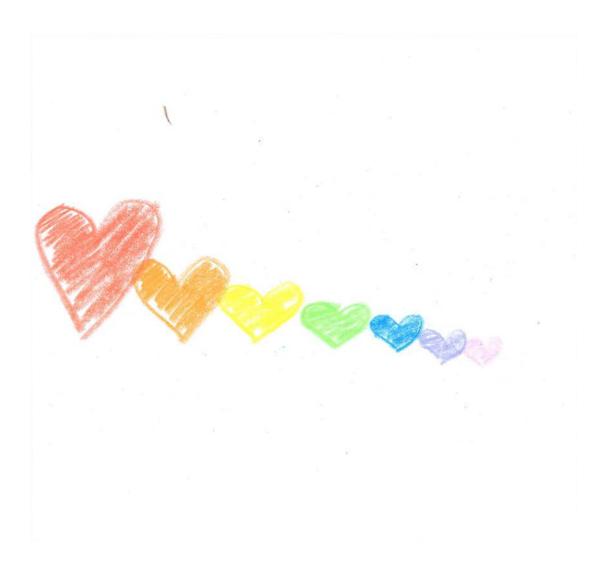
Kind people are the best kind of people.

Unknown



Kind words are like honey-sweet to the soul and healthy for the body.

Bible 16:24

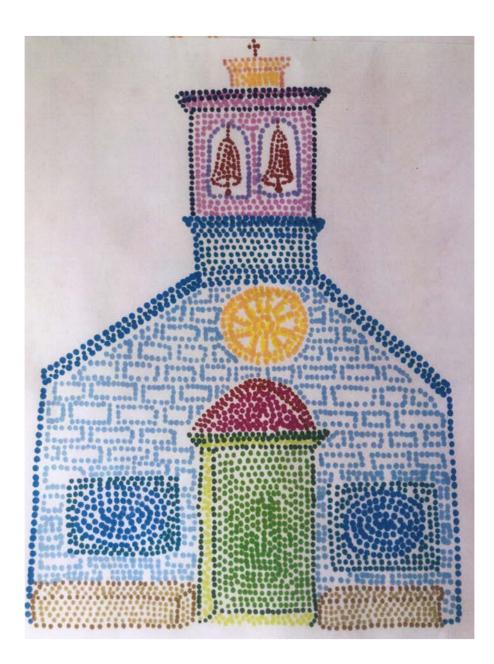


Si vis amari, ama! Seneca (If you want to be loved, love!)

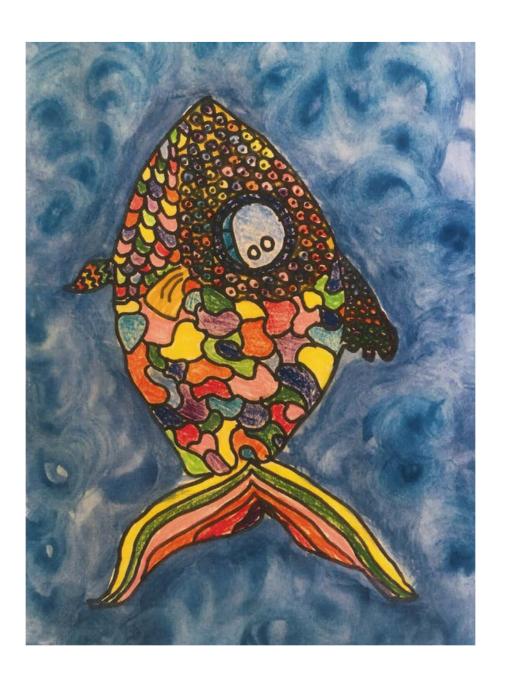




















Kind words can be short and easy to speak, but their echoes are truly endless.

Mother Teresa



People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou



Believing takes practice. A Wrinkle in Time - Madeleine L'Engle



Learn from yesterday, live for today, hope for tomorrow.

Albert Einstein



People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou



Kindness gives birth to kindness.

Sophocles



Kindness is the language which the deaf can hear and the blind can see.

Mark Twain



Be kind whenever possible. It is always possible.

Dalai Lama



People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou



No one is useless in this world who lightens the burdens of another.

Charles Dickens



Kindness gives birth to kindness.

Sophocles



Everywhere you go, leave a glitter trail of kindness behind you.

Unknown



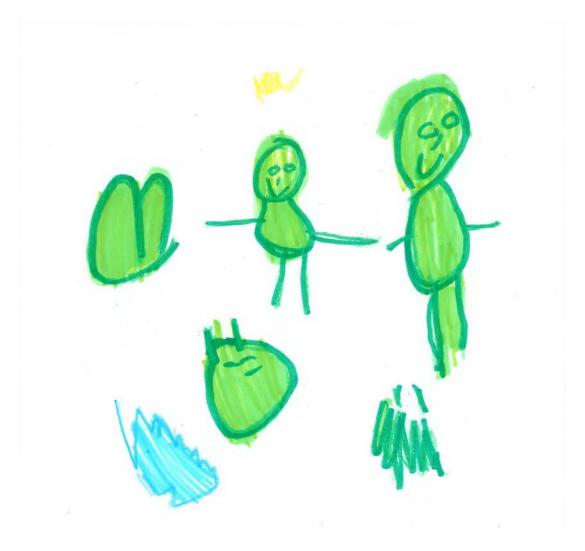
Kind words can be short and easy to speak, but their echoes are truly endless.

Mother Teresa



Kindness is the language which the deaf can hear and the blind can see.

Mark Twain



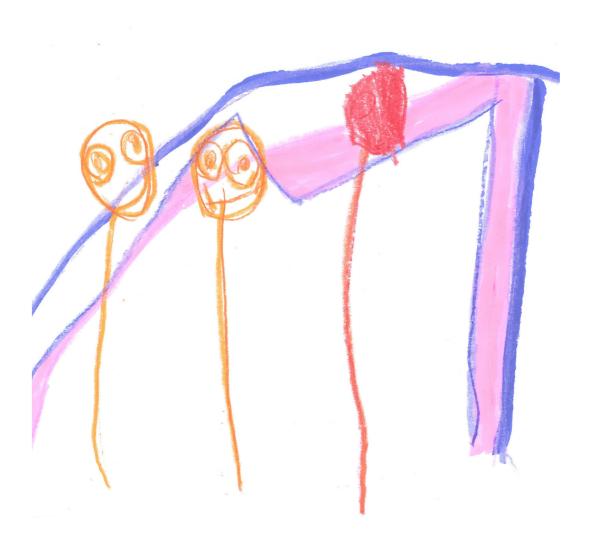
Wherever there is a human being, there is an opportunity for a kindness.

Lucius Annaeus Seneca



The most beautiful things in the world cannot be seen or touched, they are felt with the heart.

Antoine de Saint-Exupery, The Little Prince



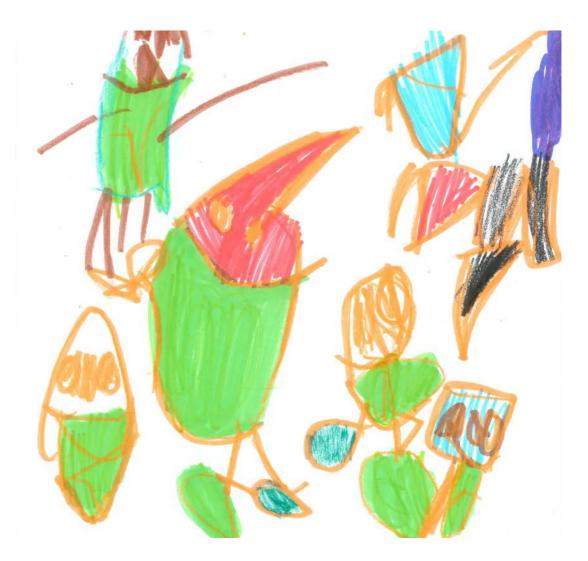
As we create light for others, we naturally light our own way.

Mary Anne Radmacher



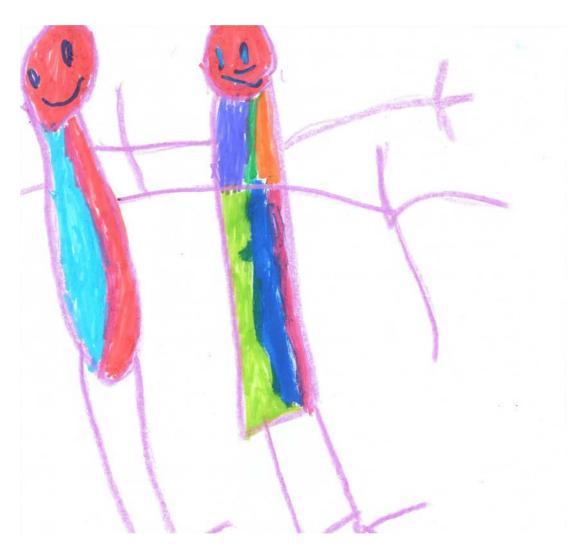
People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou



Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao Tzu



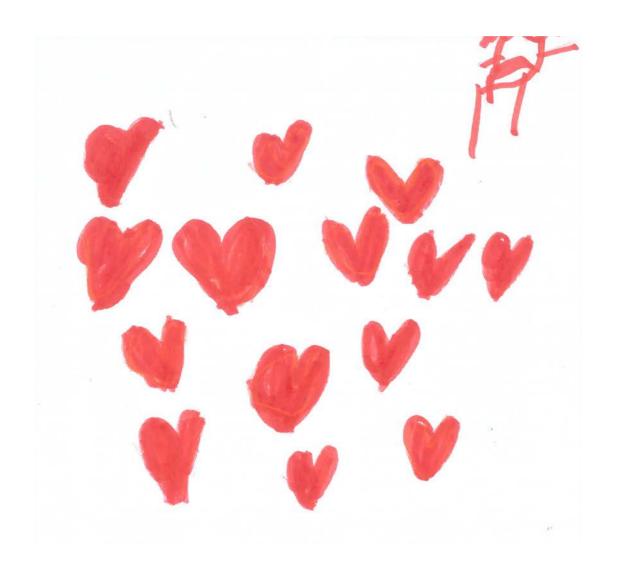
Kind words are like honey-sweet to the soul and healthy for the body.

Bible 16:24



If you want to lift yourself up, lift someone else up.

Booker T. Washington

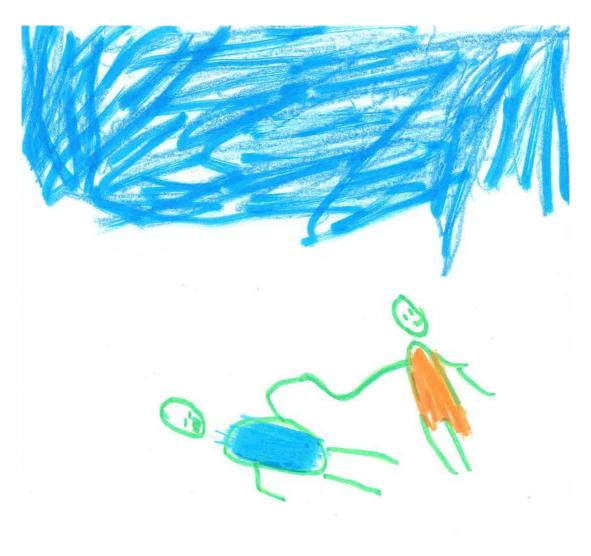


Si vis amari, ama! Seneca (If you want to be loved, love!)



Kindness gives birth to kindness.

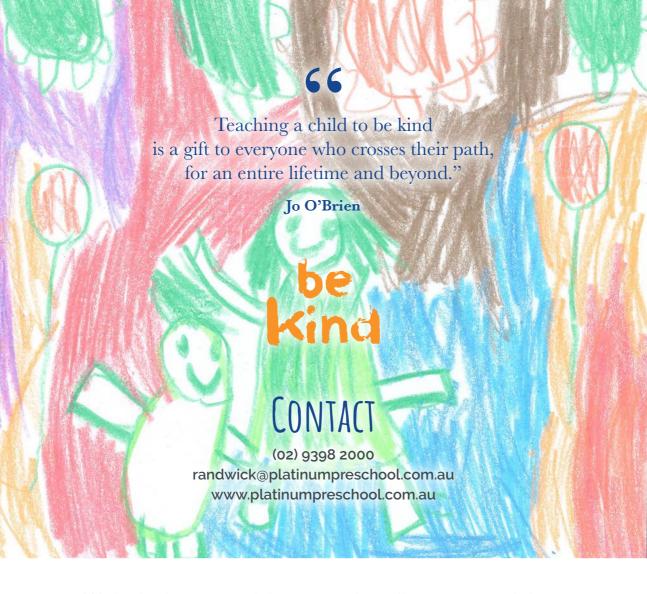
Sophocles



Learning to stand in somebody else's shoes, too see through their eyes, that's how peace begins.

Barack Obama





With thanks to our children and their illustrations in helping bring colour into our lives through a challenging 2020.