



WHEREAS, kindness is defined as the quality or state of being friendly, generous, and considerate; and

WHEREAS, it is also described as the sincere and voluntary use of one's time, talent, and resources, to better the lives of others while expecting nothing in return; and

WHEREAS, kindness is the loftier more constructive alternative to apathy and strife, highly regarded in human philosophy and faith, and often perceived as synonymous with Love; and

WHEREAS, the popular phrase "Practice random kindness and senseless acts of beauty" is credited to the late author Anne Hebert and commonly associated with the contemporary *kindness movement*; and

WHEREAS, many corporate and non-profit organizations identify kindness as vital to their work culture and approach to success, and they promote these beliefs with activities and information, especially in the month of February, such as:

- ★ Kindness.org considers kindness the "key to a better world"
- ★ The Random Acts of Kindness (RAK) Day Foundation invites everyone to become a RAKtivist® and add to the unlimited amount of goodness that can be put into the world
- ★ United Acts of Kindness Day by First United Bank encourages everyone to join in the goal of demonstrating one hundred thousand (100,000) kind acts this February 17; and

WHEREAS, scientific studies suggest that kindness improves the well-being of school aged children, reduces stress and social anxiety, makes leaders more affective, influences happiness, and is contagious and compounding, and

WHEREAS, kindness is attributed to building unity and dismantling conflict, through compassion and service rather than force; and

WHEREAS, it is beneficial for us all to be intentionally and voluntarily kind toward one another – not only when it is easy, but even more so when it is hard; and

WHEREAS, everyone can be kind - even the smallest acts have the greatest impact.

NOW, THEREFORE, I, GEORGE C. FULLER, BY THE POWER VESTED IN ME AS MAYOR OF THE CITY OF MCKINNEY, TEXAS, DO HEREBY PROCLAIM FEBRUARY 2022 AS

ACTS OF KINDNESS MONTH

IN MCKINNEY, TEXAS, ENCOURAGING ALL RESIDENTS TO SEEK LEARNING MORE ABOUT THE POWER OF KINDNESS AND ENDEAVORING TO BE KIND EVERY DAY.

WITNESS MY HAND AND SEAL THIS THE 15TH DAY OF FEBRUARY, 2022.

PROCLAIMED:

GEORGE C. FULLER
Mayor

ATTEST:

EMPRESS DRANE
City Secretary