

Joining the Kindness Movement

If the phrase Join the Kindness Revolution! stirs something deep within you, we encourage you to down load the application form, fill it in and post it to us. For a donation (the donation relates to the ability and willingness to pay, and varies from nothing to \$50) you will receive a Kindness Kit (a 350 gram package containing leaflets and information about kindness), a year's subscription (four issues) of our newsletter 'The Kindness Network'®, and a card on your birthday (if you'd like one).

We have messages of support from the Prime Minister and Dalai Lama. A copy of these is included with the Kindness Kit.

Application Form

[ ] TICKBOX

The Australian Kindness Movement

The Australian Kindness Movement is a non-religious, non-political, not-for-profit group. Our mission is to raise the level of kindness and friendliness in the community.

Family name .....

Title - Mr/Mrs/Ms/Other .....

Given name/s.....

Address .....

..... Postcode .....

Postal address. As above [ ] or .....

..... Postcode .....

Phone (.... ) .....

E-mail? Please print the address clearly

.....

If you would like a birthday card, please give your birth date

...../...../..... The year is optional.

Please indicate which title you prefer:  Angel of Kindness  Ambassador of Kindness  No title

Other (Please state title) .....

If you are requesting literature, please send a few stamps to cover the cost of postage.

Signed ..... Date .....

We are sometimes told that we have sent too much information in the Kindness Kit. To enable us to customise your Kindness Kit to suit your individual requirements, on the following page we have listed the various information sheets that are available. Please tick the boxes of any you are interested in.

Please note: Envelopes weighing in excess of 500 grams are deemed to be 'parcels' by Australia Post, and the postal charge jumps three fold. If all boxes on the following side are ticked, this may increase the total package weight to beyond 500 grams. Under such circumstances we reserve the right to hold back some of the information sheets to bring the weight back to less than 500 grams.

### Customising Your Kindness Kit

Please indicate your preferences by ticking the appropriate boxes.

Community Involvement. Examples of simple ways to help foster the involvement of the community in your home or work areas to promote kindness.

Opportunities for Volunteers. 25 ways you can help the AKM become more efficient and effective in its promotion of kindness. Each one involves very little time.

Random Acts of Kindness. Eight acts of kindness that have been carried out in the Sydney area.

More Random Acts of Kindness. Acts of kindness from Adelaide.

Working Committees. Outlines how members can initiate working groups via e-mail. Groups can be formed on any topic, e.g. education, work place, young people's problems, the utilisation of seniors, and so on. Tell us what topic you are interested in, we will mention it in our electronic bulletins and on our Web site. This is basically an opportunity for people (members and non members) to discuss ways of creating a more friendly and safer community.

Creating Your Kindness Group. A 'group' need only be yourself and a member of the family, or a friend. Spreading kindness is much more fulfilling when you can share your stories with others.

Contacting Community Organisations. Gives suggestions on how to contact community organisations to inform them about our presence and our ideals.

Letters to the Editor. Gives five examples of a letter you can send to your local newspaper.

Being mentioned in the print media has proven to be the best method of recruiting new members. The examples give our address, so you don't need to reply to any responses yourself.

[ ] Preparing for a Group Discussion on Kindness. While many people are terrified of public speaking, this three page document gives advice on how to involve the audience, which puts very little pressure on the presenter.

[ ] Global School Link. A draft letter, intended for the print media (but can be modified for schools), to publicise the World Kindness Movement's initiative to link schools across the globe in an effort to nurture the kindness response in young people.

[ ] Kindness Quiz. A one page questionnaire about being kind to yourself, others, and the environment.

[ ] Kindness - the 'Magic Bullet'? An article outlining the beneficial health effects of embracing a kinder way of life.

[ ] Area Co-ordinator Duties. Describes the simple duties of an area co-ordinator.

[ ] Angel Dust. A selection of uplifting stories and suggestions of how life might be made a more enlightening experience. Some of these are on our Web site.

Please send this form, together with your donation, to: The Australian Kindness Movement, P.O. Box 1, The Oaks, NSW 2570.

Your Kindness Kit will be sent by return.