Your KINDNESS shines bright!

The world can feel a little gloomy sometimes, but kind people like YOU light it up. Your actions—big and small—make a difference.

Brighten someone's day with an unexpected text, note, or call	Introduce yourself to a neighbor	Do something helpful to make someone's day better
Smile and make eye contact: make someone feel seen	**Learn about the Center for HumanKindness: cbusfdn.org/bingo**	Commit to volunteering or donate money
Share a meaningful compliment	Pick up litter	Identify three things you're thankful for and share them with someone

Center for HumanKindness
THE COLUMBUS FOUNDATION & THE WALTER FOUNDATION

We're on a mission to inspire acts of kindness and strengthen social connections in central Ohio.

Kindness
Conversation Prompts

One of the best ways to practice kindness is to be present with others. Taking time to get to know people and build relationships helps us better understand one another's experiences and find small (and big!) ways to strengthen our community together.

Adapted from The Big Table®, an annual day of community-wide conversation in central Ohio, these conversation prompts are designed to inspire meaningful connection and honest reflection. The goal is to have an engaging conversation where everyone can share, listen, and learn.

PERSONAL REFLECTION

Starting with personal reflections lays the groundwork for an open, thoughtful conversation. These prompts invite participants to share their experiences and perspectives before exploring broader topics.

1. When was the last time you had a meaningful conversation? What was it about?
2. Have you ever experienced an unexpected act of kindness? How did it make you feel?
3. What are you grateful for? How do you show appreciation or gratitude?
4. Who made you feel seen when you were growing up?
5. What makes you feel at home, no matter where you are?

COMMUNITY DISCUSSION

These prompts are designed to spark conversation about connection, belonging, and the kind of community we want to create together.

1. Only 3 in 10 people know the names of most or all their neighbors. How can we be more neighborly?
2. When thinking about the future, what is one thing that gives you hope and one thing that concerns you?
3. News headlines can be discouraging. Where do you see positivity, joy, or progress in our community?
4. What hidden gems have you discovered in our community that others might not know about?
5. What's a time you collaborated with someone very different from you? What did you learn?

CONCLUDING THOUGHTS

Naming a next step can help keep the conversation going. These final prompts invite participants to reflect on what they learned, what stood out, and what they want to take with them from the conversation.

1. What is something you learned today that you'll keep thinking about?
2. Tell your conversation partners something that you appreciate about today's conversation.

Save the Date:
The Big Table ® is Tuesday, September 29!

Pull up a chair and host or join a conversation about a community topic that matters to you.

Your KINDNESS shines bright!

TO: FROM: DATE:

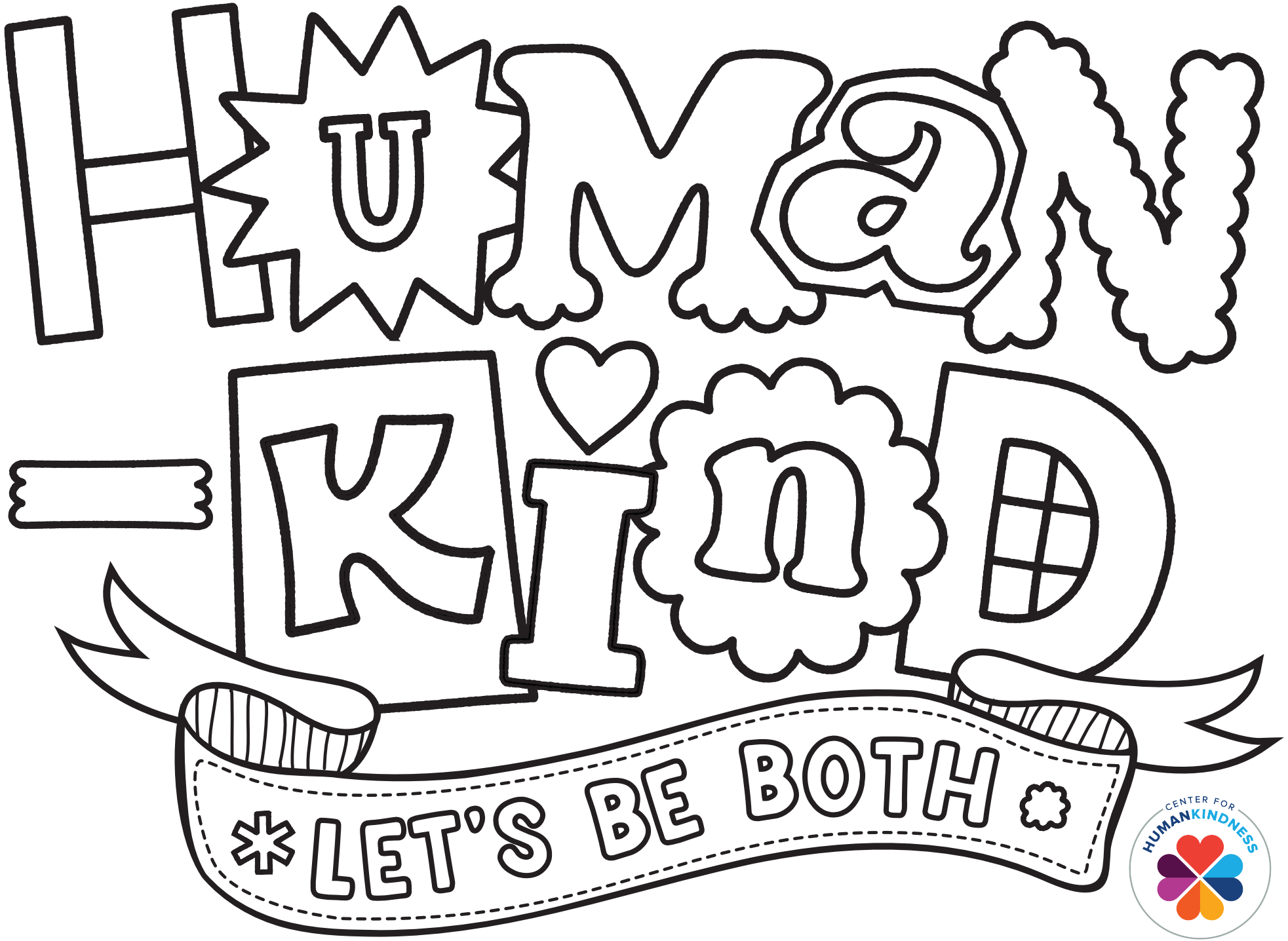
The world can feel a little gloomy sometimes, but kind people like YOU light it up. Your actions—big and small—make a huge difference. Kindness isn't just nice; it's powerful!

I JUST HAD TO SAY...

- ☐ Kindness is your superpower!
- ☐ You made me feel _____ and I am grateful!
- ☐ You probably didn't even realize it, but when you _____, it made a real impact.
- ☐ Your kindness made a difference by _____ _____.
- ☐ I'm so happy we're in this together: kind people are my kind of people.
- ☐ You absolutely nailed it when _____.
- ☐ _____

AND ALSO...

(EXTRA SPACE FOR HEARTFELT APPRECIATION, INSIDE JOKES, OR A CREATIVE DOODLE!)


HUMAN
KIND
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CENTER FOR
HUMANKINDNESS


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