

HR 8015

2020

## 1 House Resolution

2 A resolution designating the week of February 16-20,  
3 2020, as "Kindness Week" in the State of Florida.

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5 WHEREAS, the word "kind" means of a sympathetic or helpful  
6 nature, with kindness as the quality or state of being kind, and

7 WHEREAS, studies show that performing acts of kindness  
8 yields physical and psychological health benefits, such as a  
9 stronger immune system, lower rates of depression, increased  
10 happiness, and an overall sense of well-being, and

11 WHEREAS, research studies also indicate that kindness is  
12 contagious, meaning that people who experience kindness from  
13 others are in turn more likely to behave altruistically, and

14 WHEREAS, transitional kindergarten students at Tropical  
15 Elementary School in Merritt Island, Florida, developed a  
16 Kindness All Around symbol to educate the public on the power of  
17 kindness, believing that helping others become more aware of  
18 kindness will generate more kindness, and

19 WHEREAS, individuals across Florida and the United States  
20 have recognized and celebrated their efforts in this endeavor,  
21 and

22 WHEREAS, the act of being kind has the ability to change  
23 the lives of those around us, and

24 WHEREAS, designating a week to focus on kindness is a way  
25 to help the citizens of Florida become more aware of ways to

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26 | integrate kindness into their daily lives and have a positive  
27 | impact on those around us, NOW, THEREFORE,

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29 | Be It Resolved by the House of Representatives of the State of  
30 | Florida:

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32 |         That the week of February 16-20, 2020, is designated as  
33 | "Kindness Week" in the State of Florida.