KINDNESS QUOTES

(If you are too busy to laugh, you are too busy.)

I feel connected to this quote, because it is always nice to laugh and have fun. I feel like everyone needs to laugh at least once in their life.
When you have fun you laugh, when you're having a good you laugh and that's what makes laughing so important. What this quote is trying to say, is that if you're too busy to have fun then you're too busy.

We can spread kindness by smiling at people and saying please and thank you.
You also spread kindness by saying positive things.