**Random Cubes of Kindness**

As part of our final year project we are implementing the idea of random acts of kindness into our prototype. It will consist of interactive cubes that are puzzles. Users must work together to solve the puzzle.

Did you know there have been studies done to show the positive benefits of doing a kind deed for a complete stranger?

* Reduces stress, anxiety and blood pressure
* Increases energy, happiness and pleasure
* Kindness is contagious.

Both parties benefit from a good deed. And as my friend used to always say, it’s nice to be nice. The USB key is yours if you want it. You could also pass it on to a stranger to see how many people it will reach.

It would help us greatly if you could take a few minutes to answer a few questions that we have set up here.

<http://goo.gl/forms/Jfg2OnUqv7>

We know this is a stressful time of year for students, with exams coming up. We suggest you could go a good deed for someone as a form of stress release. You could send us an email at this address michael.ofarrell1@mycit.ie to tell us about your experience. Did it relieve stress? What kind deed did you do? We would love to hear it. Do you think there is a place for this idea in CIT?

You could also send us a photograph or tweeting us @CITkarma the kind deed you did.

Remember, a small gesture can mean a lot to someone and can unexpectedly brighten his or her day. Thank you for taking the time to read this and hugs if you helped us out by sending us information.

Enjoy the sweets :D