A Pittsburgh foundation named after local girl does acts of kindness for others.

Lesson 5: Caileigh Lynn McDowell
In 2019, Pittsburgh Mayor Bill Peduto declared that every November 13 would be Pittsburgh Kindness Day. The next year, there were 100 people outside in Downtown Pittsburgh reminding people to be kind to each other. They handed out little cards that listed different ways to be kind - they are called Kindness Cards.

The organization that hosts this Kindness event is the Caileigh (Kay - lee) Lynn McDowell (mic - dow - uhl) Foundation (fown - day - shun). It was started by Caileigh’s family. A foundation is an organization that helps the community in some way.

When Caileigh was in high school, she died during her senior year after the complications of a disease called Crohn’s Disease. Her family was very sad and missed her every day. They wanted to find a way to keep her memory alive. So, they thought about who she was and what she loved most. Caileigh had many friends, and she loved cheering for her Woodland Hills High School teams. Most importantly, she was always kind to people around her.

Her family started Caileigh’s foundation. It asks people to find ways to be kind every day. To do this, you start with small acts of kindness. It does not need to cost you any money. You can smile at someone. You can let someone go in front of you in line. You can help someone when you see they need help. And Kindness Cards are a way that you can make a difference. They call this spreading Cainess (K - Ness)....”C” for Caileigh! (#spreadcainess)

Today, Caileigh’s foundation is asking Strong Women, Strong Girls to make Kindness Cards and to give them to people that you know. The Caileigh Foundation also asks you to find ways every day that you can do something nice for people you meet in your life. You can help to change the world by doing small acts of kindness every day!