

ACTIVITIES

- ▶ Decorating the mailbox to say thank you to the mail carrier
- ▶ Performing a concert (singing, dancing or playing an instrument) for friends & neighbors
- ▶ Leaving a basket of water & snacks by the front door for delivery drivers
- ▶ Hosting a garage sale or lemonade stand for a favorite charity
- ▶ Cleaning out closets & donating gently used clothes, books, toys, etc.
- ▶ Delivering groceries to an elderly neighbor
- ▶ Organizing a neighborhood food drive
- ▶ Picking up litter in my community
- ▶ Planting a garden or tree
- ▶ Feeding the birds
- ▶ Returning a neighbor's garbage can on trash day
- ▶ Volunteering at an animal shelter
- ▶ Helping my family with yard work by pulling weeds & picking up debris
- ▶ Reading a book to a younger sibling/child

CRAFTING

- ▶ Chalking the walk with kindness messages and drawings
- ▶ Painting Kindness Rocks and leaving them for others to find (thekindessrocksproject.com)
- ▶ Making blessing bags for the homeless
- ▶ Making care packages for children in the hospital
- ▶ Delivering a goodie basket to my local police station, fire department or hospital
- ▶ Drawing placemats for Meals on Wheels
- ▶ Decorating pillowcases for a local shelter
- ▶ Making a blanket for projectlinus.org
- ▶ Making items for the Humane Society (rice sock warmers, chew toy)

WRITING ACTIVITIES

- ▶ Writing thank you notes to first responders (police, firefighters, etc.)
- ▶ Writing thank you notes to soldiers & veterans (operationgratitude.com)
- ▶ Sending a handwritten note to lovefortheeldery.org

- ▶ Leaving a sweet note/drawing for the mail carrier
- ▶ Making sweet cards for kids in the hospital
- ▶ Mailing sweet notes/drawings to a local nursing home
- ▶ Writing thank you notes to healthcare workers
- ▶ Writing thank you notes to teachers and administrators
- ▶ Writing kind notes to siblings telling them why they're special

FRIENDSHIP

- ▶ Writing a note to a friend telling them 3 reasons why they're special
- ▶ Making someone smile by hiding kind messages for them to find

SEND-IN CONTRIBUTIONS

- ▶ Collecting canned goods for the food bank
- ▶ Donating gently used books to my local library or Literacy Association
- ▶ Collecting supplies for the local animal shelter
- ▶ Collecting toiletries for a local homeless shelter

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- ▶ Organizing a neighborhood food drive
- ▶ Picking up litter in my community
- ▶ Planting a garden or tree
- ▶ Returning a neighbor's garbage can on trash day
- ▶ Volunteering at an animal shelter
- ▶ Helping my family with yard work by pulling weeds & picking up debris
- ▶ Reading a book to a younger sibling/child
- ▶ Offering to babysit for free

CRAFTING

- ▶ Chalking the walk with kindness messages and drawings
- ▶ Painting Kindness Rocks and leaving them for others to find (thekindessrocksproject.com)
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- ▶ Making care packages for children in the hospital
- ▶ Delivering a goodie basket to to my local police station, fire department or hospital
- ▶ Drawing placemats for Meals on Wheels
- ▶ Decorating pillowcases for a local shelter
- ▶ Making a blanket for projectlinus.org
- ▶ Making items for the Humane Society (rice sock warmers, chew toy)

WRITING ACTIVITIES

- ▶ Writing 5 thank you notes to first responders (police, firefighters, etc.)
- ▶ Writing 5 thank you notes to soldiers/veterans (operationgratitude.com)
- ▶ Writing 5 thank you notes to healthcare workers

- ▶ Writing 5 thank you notes to teachers and administrators
- ▶ Sending a handwritten note to lovefortheeldery.org
- ▶ Mailing 5 sweet notes/drawings to a local nursing home
- ▶ Making sweet cards for 5 kids in the hospital
- ▶ Leaving a sweet note/drawing for the mail carrier
- ▶ Writing kind notes to siblings telling them why they're special

FRIENDSHIP

- ▶ Writing a note to a friend telling them 3 reasons why they're special
- ▶ Making someone smile by hiding kind messages for them to find
- ▶ Writing a poem to a loved one letting them know why they're special

SEND-IN CONTRIBUTIONS

- ▶ Collecting canned goods for the food bank
- ▶ Donating gently used books to my local library or Literacy Association
- ▶ Collecting supplies for the local animal shelter
- ▶ Collecting toiletries for a local homeless shelter

LARGE GROUP ACTIVITIES

- ▶ Cleaning up the grounds at local school or community center
- ▶ Painting fences or making other improvements to a local park
- ▶ Raking leaves or shoveling snow
- ▶ Organizing a community garden in a food-blighted area
- ▶ Making blessing bags for the homeless
- ▶ Making care packages for children in the hospital
- ▶ Delivering goodie baskets to the local police, fire department or hospital
- ▶ Writing thank you notes to first responders (police, firefighters, etc.)
- ▶ Writing thank you notes to a soldier or veteran (operationgratitude.com)
- ▶ Making sweet cards for kids in the hospital
- ▶ Mailing sweet notes/drawings to a local nursing home
- ▶ Writing thank you notes to healthcare workers
- ▶ Writing thank you notes to teachers and administrators

SMALL GROUP ACTIVITIES

- ▶ Organizing teammates to offer a free clinic to younger students
- ▶ Picking up trash along the side of the road or at a local park
- ▶ Organizing a group of friends to do yard work for an elderly neighbor

INDIVIDUAL ACTIVITIES

- ▶ Surprising another family with a home cooked meal
- ▶ Cleaning out closets & donating gently used clothes, books, toys, etc.
- ▶ Volunteering to tutor younger students
- ▶ Having a garage sale for a favorite charity
- ▶ Organizing a neighborhood food drive
- ▶ Volunteering at an animal shelter
- ▶ Offering to babysit for free
- ▶ Babysitting a sibling
- ▶ Mowing lawns for free
- ▶ Volunteering to pressure wash a neighbors driveway
- ▶ Decorating the mailbox to say thank you to the mail carrier

- ▶ Performing a concert (singing, dancing or music) for friends & neighbors
- ▶ Performing free virtual tutoring for a peer or younger student
- ▶ Leaving a basket of water & snacks by the front door for delivery drivers
- ▶ Delivering groceries to an elderly neighbor
- ▶ Planting a garden or tree
- ▶ Preparing dinner for my family
- ▶ Becoming a mentor
- ▶ Asking for charitable donations instead of birthday or Christmas gifts
- ▶ Sharing anonymous compliments to combat verbal bullying
- ▶ Showing my school faculty how much I appreciate them by sending them an email or short video
- ▶ Writing a short rap to give thanks to my favorite teacher
- ▶ Thanking my old school counselor by making a selfie collage
- ▶ Donating 5 items to help students stay healthy and perform their best in school
- ▶ Creating masks and capes for children experiencing homelessness
- ▶ Hosting a Dr. Seuss book drive to benefit kids in family shelters
- ▶ Taking QPR training (to learn how to Question, Persuade and Refer someone who may be suicidal)
- ▶ Donating board games to a local family shelter
- ▶ Providing tips and information to new students at my school
- ▶ Joining a volunteer matching service such as volunteermatch.org or idealist.org

SEND IN CONTRIBUTIONS

- ▶ Collecting canned goods for the food bank
- ▶ Donating gently used books to my local library or Literacy Association
- ▶ Collecting supplies for the local animal shelter
- ▶ Collecting toiletries for a local homeless shelter