

# KINDNESS CHALLENGE:

Your family has been challenged to spread kindness around your home, neighborhood, and community! Choose as many challenges below as you have time for.

Smile at five people until they smile back.

Rake a neighbor's yard.

Make a thank you card for your local medical professionals.

Cut out 10 hearts and write positive messages on them, leaving them on neighbors' doors.

Facetime a family member together.

Write a thank you card for your mail carrier and leave it in your mailbox.

Bake cookies and deliver them to your neighbors.

Write positive messages on sidewalks with chalk.

Draw a heart in sand or dirt where others can see.

Leave a bouquet of flowers on someone's doorstep.

Buy groceries for a neighbor that can't get out.

Make and display a "Kindness Matters" sign in your house or car window.

Write a silly poem and mail it to a friend or family member.

Pay for the order behind you in a drive-thru.

Share this Kindness Challenge with another family.