

HOW WILL YOU SHOW YOU CARE FOR *kindness?*

Donate or volunteer at your local food bank.

Listen to an inspiring podcast or read an inspiring book.

Ask a neighbor, parent, or friend if there is anything you can help them with.

Offer to tutor or read with a younger student for free.

Thank someone in your community that makes a difference.

Leave a positive note on a bathroom mirror, locker, or desk for someone to find.

Text a friend and tell them why you admire them.

Send a motivational quote or text to a friend.

Forgive someone you've been angry with.

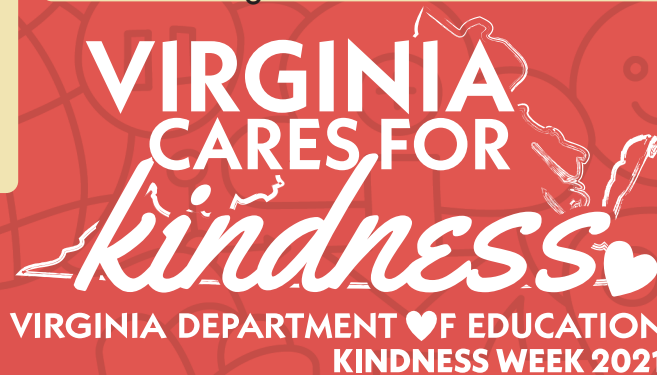
Make a list of 10 things that you are looking forward to!

Stay after class or remain logged into your virtual meeting to tell your teacher what you liked about their lesson.

Do something kind for yourself today, drink more water, exercise, practice mindfulness, or take a brain break.

Tell someone in your family why you are grateful for them.

Surprise a local cashier with some flowers, a kind note or just tell them "Thank You!"



Watch out for negative self-talk and be kind to yourself.

Make an uplifting playlist and share it with a friend.

Go through your closet and donate clothing or toys you don't use to a local charity.

SCAN FOR MORE ON
KINDNESS WEEK

Find an inspirational quote. Write it on a sticky note and leave it for someone to find.

Join a Kindness Movement!
Check out:
Youmattermarathon.com
or
thekindnessrocksproject.com



Enjoy nature. Spend some time outside today.

Do something for the environment today!

Call or mail a relative a message.

Post a positive message of gratitude, hope or kindness on social media.

Challenge yourself to have a complaint free or social media free day!