

# KINDNESS

## FAMILY CHALLENGE

One of the best ways to connect as a family is by serving together. But not everyone has the margin to make a long-term volunteer commitment right now. That's why we've designed the Kindness Family Challenge—to give your family the opportunity to spread positivity and joy around your community and in your home together in one day (or one morning, one afternoon, one evening)!

### HERE'S HOW IT WORKS:

1. Schedule the challenge ahead of time, set aside one evening or one afternoon, if possible. Make sure it's on everyone's calendar and post the date somewhere in your home where everyone can see it.
2. Read through the options on the next page and gather any supplies that you don't already have on-hand.
3. When the date comes, have your family choose as many Kindness Challenges as you have time for—we suggest at least five. If there are some you don't get to, remember that you can hold a Kindness Family Challenge Part II on another afternoon or evening! We've also made these ideas available in cut-out sheets too so you can print, cut, and place them in a bowl to randomly select an idea. *(This is a great option for families with older kids and teens.)*

## KINDNESS CHALLENGE OPTIONS:

Smile at five people until they smile back.

Take a treat to your local fire station.

Paint rocks with kind messages and leave them scattered around town.

Rake a neighbor's leaves and bag them up.

Donate something to an animal shelter.

Take a board game to play at a senior center.

Sincerely compliment five people.

Make a thank you card for your local librarians.

Pick up trash at a park.

Cut out 10 hearts and write positive messages on them, leaving them behind the windshield wipers on 10 cars.

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.

Say "Good morning/afternoon/evening" to at least five people.

Write positive messages on sidewalks with chalk.

Offer to walk a neighbor's dog.

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

Leave a bouquet of flowers on someone's doorstep.

Give high-fives to five people.

Help someone unload their groceries into their car.

Donate gently-used toys to a local charity.

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.

Tape quarters to the front of a vending machine.

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

Gather up and return the scattered carts in a grocery store parking lot.

Leave sticky notes with compliments written on them on public restroom mirrors.

Let a family cut in front of your family in a line.

Wash someone's car.

Share this Kindness Challenge with another family.

Smile at five people until they smile back.

Offer to walk a neighbor's dog.

Take a treat to your local fire station.

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

Paint rocks with kind messages and leave them scattered around town.

Leave a bouquet of flowers on someone's doorstep.

Rake a neighbor's leaves and bag them up.

Give high-fives to five people.

Donate something to an animal shelter.

Help someone unload their groceries into their car.

Take a board game to play at a senior center.

Donate gently-used toys to a local charity.

Sincerely compliment five people.

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

Make a thank you card for your local librarians.

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

Pick up trash at a park.

Tape quarters to the front of a vending machine.

Cut out 10 hearts and write positive messages on them, leaving them behind the windshield wipers on 10 cars.

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

Facetime a family member together.

Gather up and return the scattered carts in a grocery store parking lot.

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

Leave sticky notes with compliments written on them on public restroom mirrors.

Bake cookies and deliver them to your neighbors.

Let a family cut in front of your family in a line.

Say "Good morning/afternoon/evening" to at least five people.

Wash someone's car.

Write positive messages on sidewalks with chalk.

Share this Kindness Challenge with another family.