(Almost) 6 No-Prep Kindness Quests

Got a minute? Do good, together!

1. Create **drawings** for Color-a-Smile.
   Mail 8-1/2" x 11" drawings to
   Color-a-Smile
   P O Box 1516,
   Morristown, NJ 07962-1516
   Every month they distribute thousands of drawings
to senior citizens, our troops overseas, and anyone
in need of a smile.
   colorasmile.org

2. Decorate **greeting cards** for sick kids.
   Mail handmade cards to
   Cards for Hospitalized Kids
   6567 N. Olmsted
   Chicago, IL 60631
   Consider messages like:
   Stay strong
   I hope you have a great day today
   Never forget how amazing YOU are
   I believe in YOU
   cardsforhospitalizedkids.com

3. Pick up **litter** in your neighborhood.
   Keep gardening gloves and plastic bags on hand. Next time you take a stroll,
clean up as you go!

4. Deliver **food donations** to your local pantry.
   Decorate a box or paper bag and commit to adding an item or two every time you
shop. Visit the Feeding America Food Bank Locator to find a food shelf near you.
   http://feedingamerica.org/foodbank-results.aspx
   Address & Phone Number for your nearest food bank:
   __________________________________________________________
   __________________________________________________________
   Stock up on high demand items on sale: canned
   meats & soups, peanut butter, pasta, canned
   fruits & veggies, cereal, baking staples, baby
   food, diapers, & personal hygiene items.

5. Share **homemade goodies**.
   Baking? Double your recipe and share with a sick or lonely neighbor.

6. Write **letters** to your leaders.
   As you discover issues your family cares about, contact your elected leadership with
your concerns. Find contact info for your Senators and Members of Congress here:
   http://app.leg.wa.gov/DistrictFinder/
   Write them below for future reference:
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

Don't forget to reflect together. Ask "Who did we help?" "What difference did we
make?" "What might we do differently next time?" "What else can we do?"