#29 Days of Kindness for families

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Day 1: Write a poem for a far-away relative.
Day 2: Gather with cocoa and write gratitudes on paper hearts, then use them to decorate.
Day 3: Leave a ‘thank you’ for your trash collector.
Day 4: Leave love notes about the stories in your library books.
Day 5: Use these placemats at dinner. bit.ly/PithyPlacemat
Day 6: Tell 3 friends what you love about them.
Day 7: Transform something from your recycle bin into a toy or a piece of art.
Day 8: Leave a thank you for your mail carrier.
Day 9: Tape quarters to a vending machine.
Day 10: Create and send a video thank you for one of your favorite holiday gifts.
Day 11: Leave a treat and a note near a Redbox.
Day 12: Teach tolerance over breakfast. bit.ly/dgteggs
Day 14: Do something loving for the people nearest to you.

Day 15: Bake or buy treats for a neighbor.
Day 16: Read a big-hearted book & discuss. bit.ly/DGTbooks
Day 17: Offer to pick up groceries for a neighbor.
Day 18: Hang a homemade birdfeeder. bit.ly/bhfBirdFeeder
Day 19: Create art and send to ColorASmile.org.
Day 20: Over dinner, ask and answer: Who did you help today? Who helped you?
Day 21: Offer to shovel or house-sit for a neighbor.
Day 24: Talk to someone new; make a new friend.
Day 25: Count the items in your fridge & donate that many quarters to a hunger charity.
Day 26: Take a walk and pick up litter on the way.
Day 27: Go out for cocoa and pay for the person behind you in line.
Day 28: Offer three honest compliments and discuss how receiving a compliment makes you feel.
Day 29: Plan your next volunteer opportunity. Find ideas at DoingGoodTogether.org/bhf/pick-a-project.