Offer Creative Comfort
Set up a station to encourage ongoing art for good. Keep craft supplies on hand, and create cheerful, encouraging art for others. Send your work to the addresses below.

Color-a-Smile (send drawings)
P O Box 1516
Morristown, NJ 07962-1516

Cards for Hospitalized Kids (send cards)
5567 N. Olmsted
Chicago, IL 60631

Be a Neighborhood Steward
Prep a grab-and-go litter rescue kit and adopt a local green space or favorite park.

What to pack:
- a drawstring backpack
- disposable bags
- a pair of gardening gloves
- hand sanitizer

Add the address of a park you intend to adopt.

Share homemade goodies.
Be ready to share baked goods with those in need of a smile. Ask yourself who in your life may be struggling with illness, grief, or loneliness. Share your treats with them, along with a card or a hug.

What to pack:
- a giving plate or container
- your favorite homemade (or bakery-made) goodies
- a cheerful greeting card
- a few minutes to chat after your delivery of your treats

Adopt the Local Food Pantry
Set up a donation box in your kitchen, and make regular donations a habit. Be sure to stock up on high-demand items on sale like cereal, baking staples, canned soups, and hygiene items.

Add the address of your nearest food pantry.

Advocate for Your Community
As you discover issues your family is passionate about, share your concerns and expectations with your elected leaders.

Find contact info for your Senators and Members of Congress here: [http://app.leg.wa.gov/DistrictFinder/](http://app.leg.wa.gov/DistrictFinder/)
Add an address and phone number of a leader you would like to contact often.

Practice 180s Together.
Practice perspective-taking and strengthen empathy muscles by routinely asking your child to step into the shoes of someone they noticed during the day. For example:

Talk about how it might feel to
- be the child who is being bullied
- the person on the corner with a sign asking for money
- the person battling illness in the hospital
- a substitute teacher who is being harassed by students

Our family is excited to spend time making a difference together because