

28 Days of *Kindness* for families

DoingGoodTogether.org

- Write a poem for a far-away relative.
- Gather with cocoa and write gratitudes on paper hearts, then use them to decorate.
- Leave a 'thank you' for your trash collector.
- Leave love notes about the stories in your library books.
- Use these placemats at dinner. bit.ly/PithyPlacemat
- Tell 3 friends what you love about them.
- Transform something from your recycle bin into a toy or a piece of art.
- Leave a thank you for your mail carrier.
- Tape quarters to a vending machine.
- Create and send a video thank you for one of your favorite holiday gifts.
- Leave popcorn and a note near a movie rental machine.
- Teach tolerance over breakfast. bit.ly/DGTGoodEgg
- Fight hunger with games at FreeRice.com.
- Do something loving for the people nearest to you.
- Bake or buy treats for a neighbor.
- Read a big-hearted book & discuss. bit.ly/DGTbooks
- Offer to pick up groceries for a neighbor.
- Hang a homemade birdfeeder. bit.ly/bhfBirdFeeder
- Create art and send to ColorASmile.org.
- Over dinner, ask and answer: Who did you help today? Who helped you?
- Offer to help out a neighbor.
- Apologize to someone. Forgive yourself.
- Together, write a kind story. bit.ly/BHFStoryStarter
- Talk to someone new; make a new friend.
- Count the items in your fridge & donate that many quarters to a hunger charity.
- Take a walk and pick up litter on the way.
- Go out for cocoa and pay for the person behind you in line.
- Plan your next volunteer opportunity. Find ideas at DoingGoodTogether.org/bhf/pick-a-project.