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



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.

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.



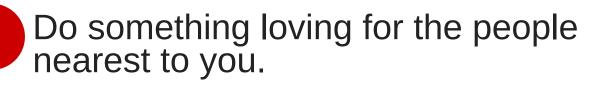
Create and send a video thank you for one of your favorite holiday gifts.

Leave popcorn and a note near a movie rental machine.

Teach tolerance over breakfast. bit.ly/DGTGoodEgg



Fight hunger with games at FreeRice.com.





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-aproject.