



**Doing Good Together™**  
*Celebrating Kindness*  
**ACTIVITY GUIDE**





**Special thanks to our Big-Hearted Sponsors,  
who make this event possible.**

CHANGE  
MAKER

**PIPER | SANDLER**

HEROIC  
HELPER



KINDNESS  
CRUSADER



*Additional thank to Kowalski's Markets.*

# VISION

Dear Friends,

Welcome to Doing Good Together's 2022 Festival of Giving! This event provides a unique opportunity to celebrate all the big-hearted actions your family takes while inspiring you to even more kindness.

The research is clear that lessons on engagement, compassion, and caring can have a powerful effect on kids, especially when we start young. In fact, studies also show that children who grow up "giving back" are much more likely to be volunteers, activists, and engaged citizens when they become adults.

This year's event kicks off with music - featuring Dan Saks of the Noodle Loaf Podcast - to remind us of the delight we can find in kindness and the joy of a big-hearted community. We then hope your family extends the Festival for the next week, together picking an activity to try each day.

Once the week has ended, and you've celebrated all you've accomplished, encourage your children to come up with ideas for other ways to make a difference. Know that by making kindness part of your family routine you are contributing not only to building a stronger community but also to raising a generation of caring, compassionate citizens.

Have a wonderful time!

Warmly,



MIALISA MCFARLANE MILLARES  
Executive Director



P.S. Please share your kind works on social media using the hashtags #doinggoodtogether and #festivalofgiving2022!

### **ABOUT DOING GOOD TOGETHER™ (DGT™)**

Doing Good Together™ ([DoingGoodTogether.org](http://DoingGoodTogether.org)) is a national nonprofit that empowers families to raise compassionate, engaged children by providing opportunities for them to practice kindness and serve others. DGT's goal is to help make empathy and "giving back" a natural part of life's early lessons.

Through creative partnerships and committed donor support, Doing Good Together offers a wide array of innovative activities and research-based resources to families, schools, and youth groups around the country interested in inspiring the next generation to live generously.

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# A Week of Kindness

Day 1

Prepare **Random Acts of Kindness Cards**

Day 2

Read from **Music Kindness Reading Challenge**

Day 3

Play **Celebrate Your Kindness BINGO**

Day 4

Post a **Compliment Flyer**

Day 5

Establish a **Giving Bag**

Day 6

Create a **Gratitude Journal**

Day 7

Celebrate with a **Big-Hearted Movie Night**



# DIY Kindness Cards

## for Community Acts of Kindness

- Print, decorate, and cut apart your 8 Kindness Cards & 4 Checklists
- Gather them in a sandwich bag or a 3x5 library card pocket.
- Leave one behind any time you perform acts of anonymous kindness.

### Neighborhood Kindness

- Write a compliment on your card. Leave it for a neighbor to find.
- Leave an encouraging note in chalk in your neighborhood.
- Create a bouquet of wildflowers and leave them on a neighbor's doorstep.

### Kindness for Community Helpers

Bake a sweet treat, create a wildflower bouquet, or write a thank you note with your kindness card for:

- your mail carrier,
- your garbage truck driver,
- your librarian, and
- any others you want to celebrate.

### Bookish Kindness

- Write/draw a book recommendation on the back of your card and leave it in your favorite library book.
- Leave a copy of your favorite book - along with a card - in a hospital's waiting room.
- Stock a half-filled Little Free Library with books you've outgrown.

### Road Trip Kindness

- Pay for the person behind you in the drive-through.
- Draw a picture or write an inspiring quote to leave on a parked car's window.
- Leave quarters at a vending machine.
- Thank your server on the back of a kindness card and leave a nice tip or small gift.

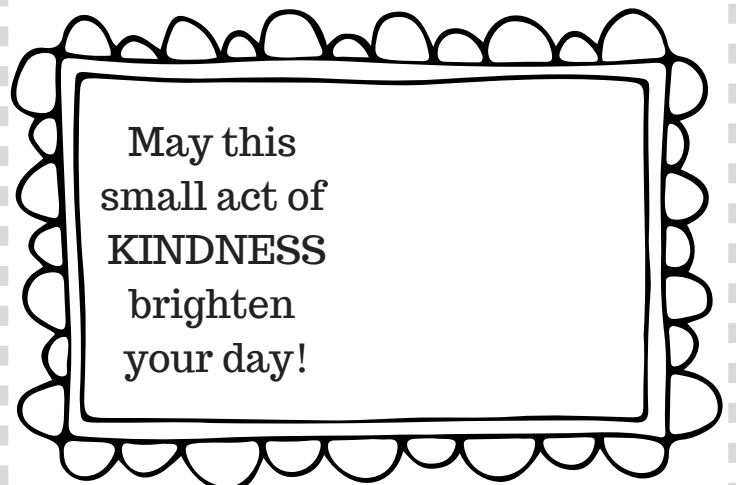
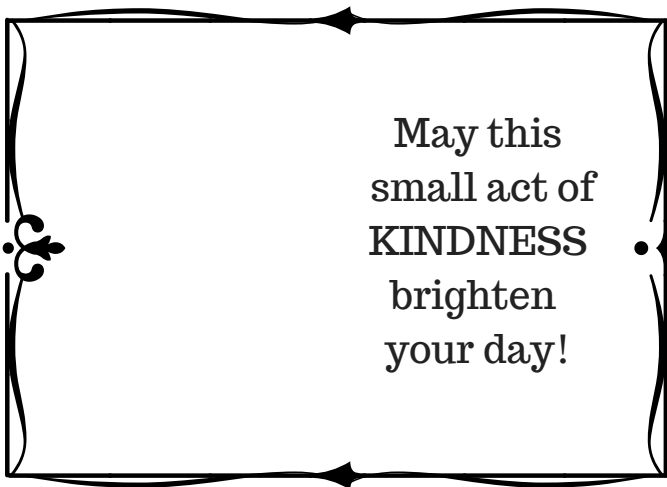
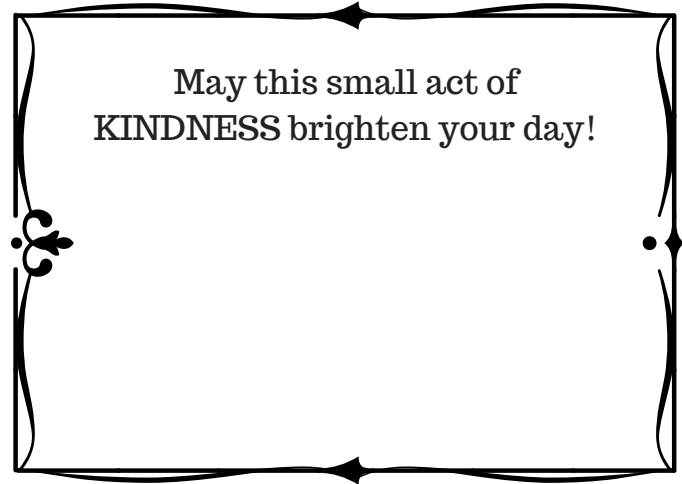
May this  
**Small Act of Kindness**  
brighten your day!

May this  
small act of  
**KINDNESS**  
brighten  
your day!



# DIY Kindness Cards

for Community Acts of Kindness



# Music Kindness Reading Challenge

Picture Book Version to be enjoyed by all ages.

Learn from stories of music, one picture book or podcast episode at a time.



**Dancing Hands: How Teresa Carreno Played the Piano for President Lincoln**  
by Margarita Engle

When have you shared a talent to cheer someone?



**Listen: How Evelyn Glennie, a Deaf Girl, Changed Percussion**  
by Shannon Stocker

How could you listen to the world around you differently today?



**Playing by Ear Circle Round Podcast, WBUR**

After listening to this hour of folk tales about music, which story stands out to you? What was its moral?



**Your Name is a Song**  
by Jamilah Thompkins-Bigelow

What is a difference you appreciate about you and someone you met this month?



**My Voice is a Trumpet**  
by Jimmie Allen

What would you compare to your unique voice?



**Sing a Song: How “Lift Every Voice and Sing” Inspired Generations**  
by Kelly Starling Lyons

How can we use music to make a difference in our community? How can we use music to lift someone's spirits?



**Music is a Rainbow**  
by Bryan Collier

Can you think of a time when music has inspired strong feelings in you?



**Harlem's Little Blackbird: The Story of Florence Mills**  
by Renée Watson

When is a time you spoke up about something you cared about?



**When Step Met Skip**  
by Vicky Weber

How have you been a friend to someone else?



**Daddy and Me and the Rhyme to Be**  
by Chris Bridges

What do you enjoy doing with a parent or grandparent in your life? Thank them for doing it with you!



**Family Dynamics: Embrace Your Sound**  
by Courtney Woodward

What is unique about you? What is special about your family?



**Change Sings**  
by Amanda Gorman

What is a change you'd like to see in the world? Who else cares about this issue?





## 3 Ways to Use Music for Kindness

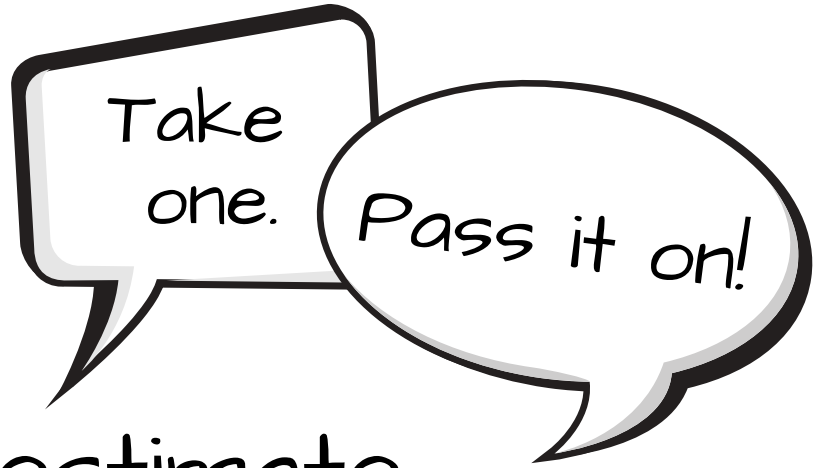
- Surprise a loved one who might need some cheer with an impromptu family concert, either in person or over FaceTime or Zoom. Or record and send a single song.
- Use the lyrics of your favorite song in creating a card to share messages of joy or gratitude with someone. If you can't think of someone, write to an elder through [Love for our Elders](#).
- Listen to [DGT's collection of Big-Hearted songs](#) – then create your own list of uplifting music to inspire your family and to share.



# Celebrate Kindness B-I-N-G-O

1. Mark off activities you've done as a family in the past year.
2. If you didn't have five in a row, can you aim for that?
3. After you get five in a row, keep going! Can you complete every square?

Shared a compliment with someone	Called or sent a note to a relative or friend to make them smile.	Participated in a school or community food drive	Participated in a run or walk for charity	Donated money at a free museum or zoo
Made or served a meal for hunger relief	Picked up trash around your neighborhood or at a nearby park	Paid for dinner or a snack for someone else.	Donated food to a local food pantry	Shared a "helping" coupon book with someone.
Had a conversation with one another about the value of generosity.	Donated money from your allowance or as a family		Mailed a card to cheer a stranger	Brought a gift to someone having a tough day.
Wrote a thank you to a community helper	Made a gift for a friend or neighbor	Asked for a donation for a favorite charity.	Donated toys and clothes you no longer use.	Left art in your neighborhood. (Sidewalk chalk art, painted stones, colorful origami)
Taught someone else a new skill	Read a book where the character acted with generosity.	Left a great book (or several) in a Little Free Library.	Used your unique skills to brighten someone's day	Offered to help out a neighbor for free



Never underestimate  
the power of a random

# COMPLIMENT

*Add compliments, make it colorful and post in a public space!* [DoingGoodTogether.org](http://DoingGoodTogether.org)

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Vertical dotted lines for writing compliments.



# GRATITUDE MINI JOURNAL

Create a small gratitude mini journal and kick start a new gratitude journaling habit!

## What You'll Need

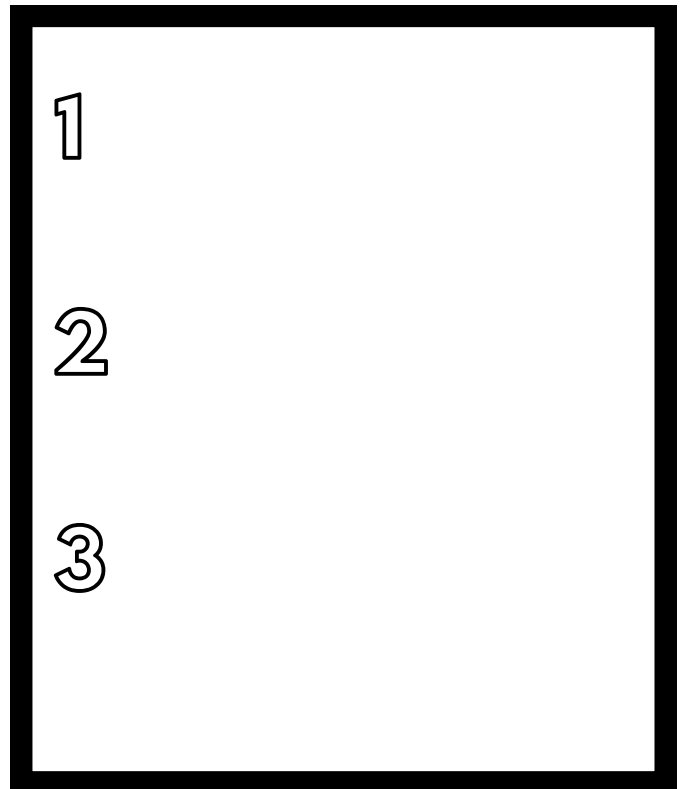
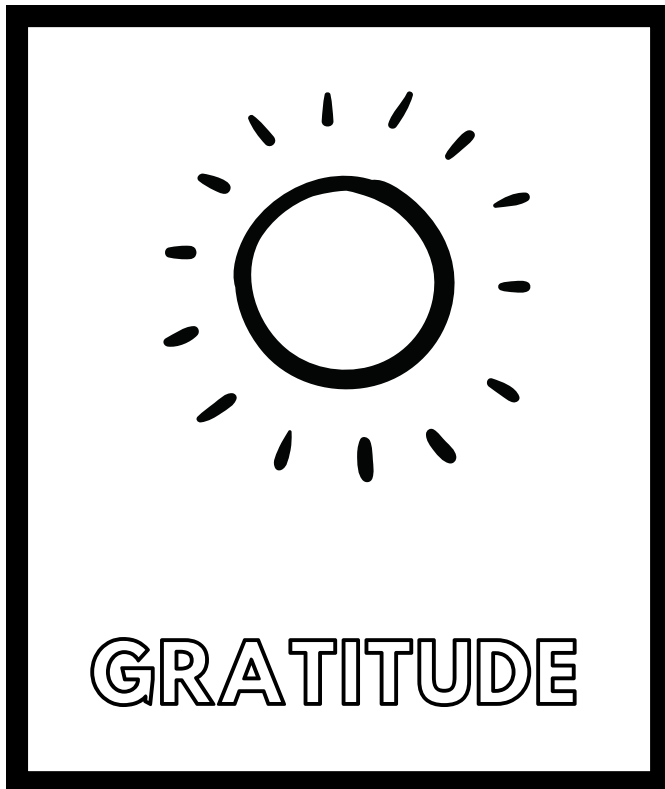
- Template printed on 8.5 x 11 paper
- Scissors
- Markers, coloring pencils, gel pens, etc.



## Instructions

- Create a mini journal by cutting out the bolded rectangles below.
- Staple them together. You can just use the cover and prompt pages, just the cover and multiple copies of the 1, 2, 3 prompt, or a combination of different pages.
- Write or draw your gratitudes!

**Featured Books on Gratitude** For 4 - 7 year olds: Gracias/Thanks by Pat Mora  
For 8 - 12 year olds: Just Be by Malika Chopra



A Person You Are  
Grateful For

A Place You Are  
Grateful For

A Memory You  
Are Grateful For

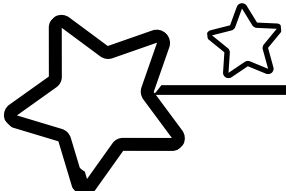
A Food You Are  
Grateful For



# Our Giving Bag



Color this page and attach it to a brown paper bag or box in your home. Whenever you go to the grocery store, pick out one or two extra items to place in your Giving Bag. When your bag is full, your family can take it to the local food shelf. Ask if you can have a tour! To locate a food shelf near you, visit [foodpantries.org](http://foodpantries.org).



**Our Family's Local Food Shelf:**

**Address:**

**Donation Drop Off Hours:**

## Most Wanted Items:

- canned soups and stews
- canned meat and tuna
- peanut butter
- fruit juice boxes
- canned fruit packed in juice
- canned vegetables
- low-sugar cereals

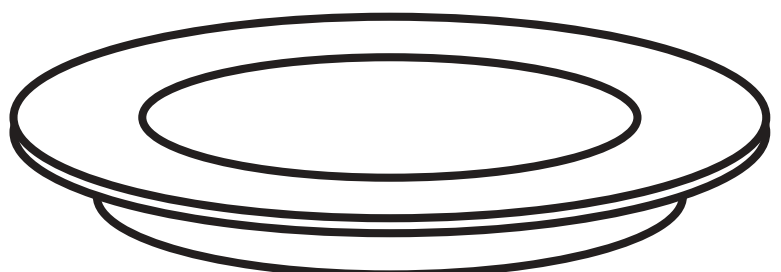
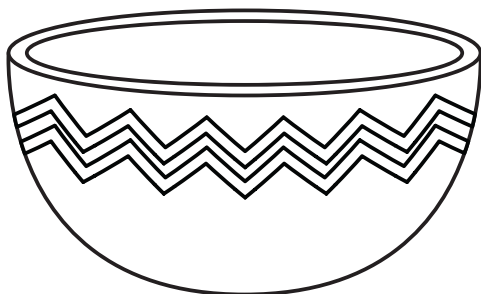


• \_\_\_\_\_

• \_\_\_\_\_

If you could make a meal to feed everyone who struggles with hunger, what would you share with them? Draw or write your answer on the empty dishes below.

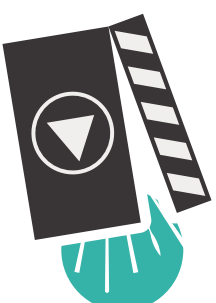
\*Are you a gardener? Ask your food shelf if they accept fresh garden produce.





# Big-Hearted Movie Review

Use DGT's **Movie Challenge** to choose your next family movie. Fill in the blanks on this Movie Review to create a one-of-a-kind movie recommendation. Create a review for each big-hearted movie, and you'll have a keepsake journal. Or share your movie reviews to encourage others to discover unforgettable, big-hearted titles.



MOVIE TITLE

WHO WATCHED

RATING

_____	☆☆☆☆☆☆
_____	☆☆☆☆☆☆
_____	☆☆☆☆☆☆
_____	☆☆☆☆☆☆
_____	☆☆☆☆☆☆

THE BIG IDEA

\_\_\_\_\_

\_\_\_\_\_

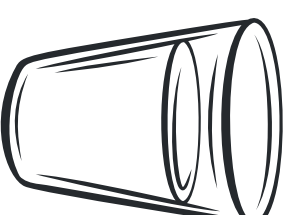
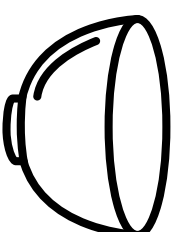
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FEATURED SNACKS

Draw or write what your family shared.



FAVORITE MOVIE MOMENT

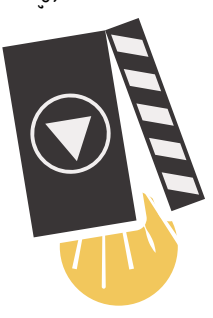
Draw or write what your family enjoyed about this movie.





# Big-Hearted Movie Challenge

Make the most of family movie night with movies selected to kickstart conversations around 12 compassion-building questions. Choose titles aimed at younger or older viewers, or watch all 24! Use DGT's **Movie Review** download to create a shareable review.



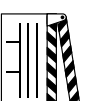
## Does kindness matter?

- *Winnie the Pooh* by Disney (2011) Ages 3+
- *Because of Winn Dixie* (2000) Ages 8+



## How can we reduce waste?

- *Wall-E* by Disney (2008) Ages 5+
- *The Boy Who Harnessed the Wind* (2019) Ages 12+



## How can we embrace our unique differences?

- *Coco* by Disney (2017) Ages 7+
- *Spiderman: Into the Spider-verse* (2018) Ages 9+



## Who can make a difference?

- *Up* by Disney (2009) Ages 6+
- *Hidden Figures* (2000) Ages 10+



## Why is it important to protect the earth?

- *Fern Gully: The Last Rain Forest* (1992) Ages 6+
- *Nausicaa of the Valley of the Wind* (2005) Ages 10+



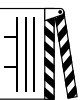
## How can we stand up against injustice?

- *Zootopia* by Disney (2016) Ages 8+
- *Remember the Titans* (2000) Ages 10+



## Why is it important to notice and talk about strong feelings?

- *Inside Out* by Disney (2015) Ages 6+
- *Akeelah and the Bee* (2006) Ages 8+



## How can we practice being global citizens?

- *Ernest and Celestine* (2014) Ages 6+
- *On the Way to School* (2009) Ages 10+



## What is courage?

- *Paddington & Paddington 2* (2015 & 2018) Ages 6+
- *Phantom Boy* (2016) 10+



## What makes a good friend?

- *My Neighbor Totoro* (1988) Ages 5+
- *Wonder* (2017) Ages 10+



## How does kindness spread?

- *Batkid Begins* (2015) Ages 7+
- *Kindness is Contagious* (2015) Ages 9+



## Why is it important to treat animals with kindness?

- *Born to Be Wild* (2011) Ages 5+
- *Cher and the Loneliest Elephant* (2021) Ages 10+





# Kindness Calendar

Post this calendar in a prominent place in your home.

Each morning read the kindness prompt together and make a plan for completing it.

Mark each kindness you complete off.

At the end of the month, plan something fun to celebrate your new kindness habit!

<p><b>1</b> <u>Make a tear off poster. Post it somewhere public.</u></p>	<p><b>2</b> <u>Make a Gratitude on the Go Kit and stash it in a car or backpack.</u></p>	<p><b>3</b> <u>Color a big-hearted award for someone who has shown you kindness.</u></p>	<p><b>4</b> <u>Color a bookmark. Leave it in a Little Free Library or library book.</u></p>	<p><b>5</b> <u>Pick up trash around your neighborhood.</u></p>
<p><b>6</b> Start a Giving Bag. Buy an extra item at the grocery store to put in the bag.</p>	<p><b>7</b> Start a family compliment journal. Write one compliment for each person in your family.</p>	<p><b>8</b> <u>Support citizen science.</u></p>	<p><b>9</b> <u>Create a giving jar. Decide how you're going to add money to the jar - allowance, bake sale, loose change?</u></p>	<p><b>10</b> <u>Donate something you no longer use (e.g., clothes, toys, etc).</u></p>
<p><b>11</b> <u>Pick one of DGT's 6 advocacy templates and write or send a drawing to an elected official.</u></p>	<p><b>12</b> <u>Read a book where the character acts with kindness.</u></p>	<p><b>13</b> Fold a Kindness Conversation Fortune Teller. Have a conversation!</p>	<p><b>14</b> Call or send a note to a relative to make them smile.</p>	<p><b>15</b> <u>Write and leave Car Window Poetry.</u></p>
<p><b>16</b> Write a thank you note to a community helper.</p>	<p><b>17</b> <u>Create a playlist of songs to inspire kindness. Listen to them in the car this week. Share your playlist.</u></p>	<p><b>18</b> <u>Look for a local volunteer opportunity to sign up to do together.</u></p>	<p><b>19</b> <u>Cook and deliver a meal to either someone you know or a shelter that accepts frozen meals.</u></p>	<p><b>20</b> Share your smile with 10 people today.</p>
<p><b>21</b> <u>Assemble a care kit for the homeless. Put it in your car.</u></p>	<p><b>22</b> <u>Send a kind card to an elder who you don't know.</u></p>	<p><b>23</b> Leave kindness art in your neighborhood (painted rocks, sidewalk chalk, etc.)</p>	<p><b>24</b> Pay for someone's snack or tape money to a vending machine.</p>	<p><b>25</b> <u>Do something to help around the house without being asked.</u></p>
<p><b>26</b> Find a way to share your unique talent with someone.</p>	<p><b>27</b> <u>Fold an origami heart for someone special in your life.</u></p>	<p><b>28</b> Watch and discuss a big-hearted movie together as a family.</p>	<p><b>29</b> Start a gratitude journal practice as a family.</p>	<p><b>30</b> <u>Make birdseed cookies or another kindness for birds.</u></p>



# Helpful Links

The following links will help you accomplish the items on your kindness calendar.

- 1 <https://www.doinggoodtogether.org/bhf/tear-off-posters>
- 2 <https://www.doinggoodtogether.org/bhf/blog/create-diy-kindness-kits-for-gratitude-on-the-go>
- 3 <https://www.doinggoodtogether.org/bhf/give-an-award>
- 4 <https://www.doinggoodtogether.org/projects/share-bookmark-kindness>
- 5 <https://www.doinggoodtogether.org/projects/clean-up-your-neighborhood>
- 6 Giving bag label available in this activity guide
- 8 <https://www.doinggoodtogether.org/projects/community-science>
- 9 <https://www.doinggoodtogether.org/bhf/create-a-giving-box>
- 10 <https://www.doinggoodtogether.org/bhf/cradles-to-crayons>
- 11 <https://www.doinggoodtogether.org/bhf/the-power-of-speaking-up>
- 12 <https://www.doinggoodtogether.org/bhf/read-together>
- 15 <https://www.doinggoodtogether.org/projects/car-window-poetry>
- 17 <https://www.youtube.com/playlist?list=PLKgNL0jyLps2OVCDJa-k2-MkCEaKcRH8k>
- 18 <https://www.doinggoodtogether.org/volunteer-together-local>
- 19 <https://www.doinggoodtogether.org/bhf/make-and-bake>
- 21 <https://www.doinggoodtogether.org/bhf/homeless-care-kits>
- 22 <https://loveforourelthers.org/>
- 25 <https://bit.ly/3LYLpS0>
- 27 <https://www.doinggoodtogether.org/bhf/origami-heart>
- 28 See Movie Review in this activity guide
- 30 <https://www.doinggoodtogether.org/projects/make-birdseed-cookies>



# DGT™ FAMILY VOLUNTEER LISTINGS

Sign up today to have family-friendly volunteer opportunities sent to your inbox monthly!\*

\*available in 10 cities nationwide

Sample  
Volunteer  
Opportunity

## "What Sustains Us" A Community Walk in Crown Heights for Families

Repair the World

**Date/Time:** Sunday May 2, 1 - 2:30pm

**Location:** We will begin together in Brower Park

**Ages:** Families with children age five and older are welcome to participate

**Time Commitment:** One and one-half hours

Join Repair the World for a community walk where we learn about and serve alongside food justice leaders in our neighborhood. We'll see where to gain access to free food and have a chance to visit a community fridge and a community garden in the neighborhood. Our highlighted stop will be Repair the World's workshop, where we will celebrate our new public art installment, "What Sustains Us" created by artist Hillel Smith.

**Contact:** [hannah.grossman@wepair.org](mailto:hannah.grossman@wepair.org). Registration is [available online](#).  
[wepair.org](http://wepair.org)

LEARN MORE ABOUT HELPING  
THOSE EXPERIENCING HUNGER



Learn More & Download Free  
Volunteer Reflection Guides

[https://www.doinggoodtogether.org/  
volunteer-together-local](https://www.doinggoodtogether.org/volunteer-together-local)

# BECOME A MEMBER!

## Empower kind kids to build a better world!

Become a member and we'll help you start big-hearted traditions and routines that invite purpose, hope, and connection into your everyday life. **DGT Family & DGT Classroom Memberships available.**



## For just \$48/year you'll receive:

- **A Welcome Packet** to get started!
- **Weekly Inspiration** and compassion-building activities in your in-box.
- **Exclusive Downloads** to advocate for justice, fight bullying, and more!
- **Expert Advice** from the kindness experts at DGT.
- **Year-Long Motivation** with our unique Do Good Dozen Challenge!

Thank you all for being so inspiring - your weekly reminders are so helpful and give me that extra "nudge" each time I read them!

- Shana E.

I deeply appreciate the practical and tangible tips you give for rearing children to lead lives of compassion and kindness. Thank you for the time, energy, and thought you all clearly put into this important work.

- Victoria

# THE BEST OF DOING GOOD TOGETHER™

FEATURES	FREE	DGT FAMILY MEMBERSHIP	DGT CLASSROOM MEMBERSHIP
Volunteer Listings	✓	✓	✓
Newsletter & Blog Articles	✓	✓	✓
Book Lists	✓	✓	✓
Big-Hearted Projects	✓	✓	✓
Printables	✓	✓	✓
Reflection Tools	✓	✓	✓
Mailbox Welcome Kit		✓	✓
Kindness Tote		✓	✓
Weekly Prompts		✓	✓
Exclusive Downloads		✓	✓
Leadership Guide & Expert Advice			✓
12 Monthly Classroom Lessons			✓
Classroom Lesson Archives			✓