

#BEKIND21

BROUGHT TO YOU BY:



mindful littles

1. Choose one word to set a positive intention for yourself. Reflect on that word throughout your day.
2. Show kindness to the earth by picking up litter and recycling what you can.
3. Deliver a Sunshine Basket to a neighbor or friend who needs cheering up.
4. Set the dinner table and write a special note for each person's place setting.
5. Repeat three positive affirmations to yourself beginning each one with "I am..."
6. Hold the door open for someone at home or at school.
7. Compliment three people on their smile.
8. Lovingly water a plant or tree.
9. Share an appreciation for each family member at meal time.
10. Try a Loving-Kindness meditation to send kind wishes to yourself, your community and the world.
11. Read stories about acts of kindness and share what you learn.
12. Listen to a friend with attention and compassion; let them know you've heard their words.
13. Collect used towels and blankets to donate to your local animal shelter.
14. Leave a thank you note for the mail carrier, food delivery or package delivery person.
15. Paint Kindness Rocks and leave them for people to pick up when they pass by.
16. Learn about a community you're not part of.
17. Make a personalized Kindness Catcher for a friend or sibling.
18. Write or draw uplifting chalk messages on the sidewalk.
19. Send a Kindness Card to a grandparent or elderly friend.
20. Collect hygiene products and donate them to a local shelter.
21. Take three deep breaths. On the inhale, breathe in Kindness; on the exhale, breathe out Peace.