



OVER THE NEXT 30 DAYS, LET'S COME TOGETHER AS A FAMILY TO DEMONSTRATE LOVE AND KINDNESS THROUGHOUT OUR COMMUNITIES!

We encourage you to complete at least one act of kindness as a family each day and invite others to join by sharing on your social media – tag University Christian Church and use hashtag #loveyourneighbor! Use these ideas, or come up with your own.

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1. Donate
 2. Giving Jar
 3. Feed the birds
 4. Card Writing
 5. Donate food
 6. Give sincere compliments
 7. Listen to learn
 8. Hold the door and High Fives
 9. Kindness Poster
 10. Meet someone new
 11. "Find a way to share" week
 12. Positive comment online
 13. Choose Curiosity Over Upset
 14. Household chores help
 15. Ask how you can help
 16. Help your teacher
 17. Volunteer together
 18. Ask for help on how to be kind
 19. Make thank you cards for EMT or Fire Fighters
 20. Tell someone a joke to help them laugh
 21. Make a gift for someone who needs a pick-me-up
 22. Share how you are feeling and about your day
 23. Invite a friend over and have something special for them
 24. Make blank Thank You cards for others to use
 25. Kindness Catcher
 - a. <https://www.doinggoodtogether.org/bhf/kindness-fortune-tellers>
 26. Kindness Rocks
 - a. <https://www.thekindnessrocksproject.com/>
 27. Kindness Chalk Art
 - a. Supplies: sidewalk chalk
 28. Pick up trash in the neighborhood/local park
 - a. Supplies: Trash bags and gloves (or hand sanitizer & wash hands)
 29. Gift in your mailbox for mail carrier
 - a. Supplies: Card, small gift, etc.
 30. Kindness Notes
 - a. Supplies: Post it notes or slips of paper and tape