



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.

1. Write cards to residents of an assisted living community
2. Listen to learn: Spend the day asking questions and really listening to try and learn something new about the person you are talking to.
3. Kindness Rocks: Paint a rock in a fun way with a kind word or phrase like, “Be You” or “Hope” and leave it in a park or in your neighborhood for a neighbor to find.
<https://www.thekindnessrocksproject.com/>
4. Donate food, clothing, or toys
5. Write encouraging messages on your sidewalk/driveway in chalk
6. Write positive notes and leave them around your house or out in the community
7. Pick up trash in the neighborhood/local park
8. Put a gift in your mailbox for mail carrier
9. Feed the birds
10. Invite a friend over and have something special for them
11. Give a compliment to at least five people
12. Hold the door and give “high fives” to people you meet
13. Meet someone new
14. Giving Jar: Collect loose change in a jar throughout the day/week and decide where to give the money you collect.
15. Leave a positive comment online
16. Choose curiosity over upset: Spend the day asking questions when you find yourself feeling upset. Ex. Why didn't you ask me first? What was that like for you?, etc.
17. Help another family member with a household chore
18. Ask a teacher or coworker how you can help
19. Share how you are feeling and about your day
20. Ask for help on how to be kind: Sometimes we don't know what will be most helpful so ask!
21. Make a gift for someone who needs a pick-me-up
22. Volunteer together
23. Make thank you cards for EMT or Fire Fighters
24. Tell someone a joke to help them laugh
25. Listen to someone who needs to talk, offering empathy without judgment
26. Bake cookies or treats and share them with your neighbors
27. Take a prayer walk in your neighborhood and pray for each house
28. Tell a person in your life how they have had a positive impact on you
29. Surprise a family member with a kind act
30. Put a cart away that was left out at the store