

RANDOM ACTS OF KINDNESS DURING COVID-19

“Believe there is good in the world”.

-Unknown

THE MAGIC OF KINDNESS

*During this time, when people are isolated and fearful, it is important to remember that kindness can be present in many forms and **we, as leaders and mentors must take responsibility for demonstrating kindness. Kindness involves how we treat other and OURselves.***

Here are just a few ideas for you.

- Donate to those in need
- Make a video of yourself doing something you like (i.e. playing guitar, signing a song, reading a book) and send it to people you know
- Write a letter to make someone’s day better
- Take a picture of things that make you happy and consider sharing it with others
- Tell someone what you like about them
- Post a list of what kind means to you
- Pay for someone’s order in the drive through line
- Make a donation to a local charity
- Have food delivered to your local hospital or health department
- Write someone an encouraging poem
- Pick up supplies for people that cannot leave their home
- Take a walk and pick up trash
- Draw a picture or post a message on your sidewalk or driveway
- Share your streaming account (i.e. Netflix, Hulu, etc.) with a friend or family member
- Reach out to someone that you have not talked to recently
- Donate blood
- FaceTime with a friend, coworker or colleague
- Clean up your yard from winter debris and maybe do the neighbors, too.
- Smile...even when you are alone
- Give a compliment to a stranger

