



Kindness Activity



Be part of the ripple effect of kindness
Learn more at USofKindness.org

About United States of Kindness:

The United States of Kindness and Kindland challenge every person, organization and community to participate in 250 acts of kindness by the end of the year and share some of them!

How to Participate:

- 1 Mark off any Acts of Kindness you do - and write a sentence describing your favorite one!
- 2 Take a picture of this page filled out and send it to us through the "Share an Act of Kindness" button (in the top right corner) on our website: www.USofKindness.org

First Name:

State & Zip Code:

Your Favorite Act of Kindness and Why:

<p>Pick Up Litter</p> 	<p>Write a Thank You note for Someone</p> 	<p>Say "HAVE A GREAT DAY" with a Smile</p> 
<p>Make something for someone to brighten their day</p> 	<p>Ask someone How They are Feeling Today (and listen fully)</p> 	<p>MAKE A NEW FRIEND</p> 
<p>Compliment someone</p> 	<p>Thank Someone in Person</p> 	<p>Text someone out of the Blue With a kind thought</p> 
<p>Scan the QR Code and Sign Up to Join United States of Kindness</p> 	<p>Offer to Help Someone</p> 	<p>Share an Act of Kindness on our website</p> 