

# Kindness Challenge

## stay-at-home edition

<p>Make a card for someone at a local nursing home who isn't able to have any visitors. Mail it out when you finish.</p>	<p>Write positive notes or quotes to leave in places around your house for your family members to find.</p>	<p>Suggest that you and your family play a board game (or video game) together.</p>
<p>Write and send someone a thank you card to brighten their day.</p>	<p>Call a family member you haven't spoken to in awhile and ask them how they are doing.</p>	<p>Draw a picture or write a message to a friend who you haven't seen since you last went to school.</p>
<p>Take your pet on a walk around your neighborhood. Make sure to smile and wave hello to your neighbors along the way!</p>	<p>Make a snack for your family to enjoy, or ask how you can help out with getting dinner ready.</p>	<p>Clean out your room or closet and make a pile of things you no longer need to drop off for donation.</p>