

# #BEKIND21

## “KINDNESS STARTS AT HOME” brought to you by BUMKIN\$

- 1 Give a compliment to a friend. \_\_\_\_\_
- 2 Pick a toy to donate. \_\_\_\_\_
- 3 Clean up after someone else. \_\_\_\_\_
- 4 Give a family member or friend a nice extra-long hug. \_\_\_\_\_
- 5 Send a card to a loved one. \_\_\_\_\_
- 6 Tell something nice to someone you interact with today. \_\_\_\_\_
- 7 Come up with a list of 5 things you are grateful for. \_\_\_\_\_
- 8 Help make dinner. \_\_\_\_\_
- 9 Make a care package and give it to a loved one. \_\_\_\_\_
- 10 Express to someone why they are important to you. \_\_\_\_\_
- 11 What makes you happy? Take 10 min to do something today that brings you happiness. \_\_\_\_\_
- 12 Let someone else go first in line. \_\_\_\_\_
- 13 Gather the family to bake cookies for a neighbor. \_\_\_\_\_
- 14 Send or deliver anonymous flowers. \_\_\_\_\_
- 15 Have 15 min of quiet time to reflect on the kind acts you have done. \_\_\_\_\_
- 16 Connect with a loved one you have not spoken to in a while. \_\_\_\_\_
- 17 Donate a book to your local library. \_\_\_\_\_
- 18 Help someone do a chore. \_\_\_\_\_
- 19 Ask someone if they need help with anything. \_\_\_\_\_
- 20 Check in on a relative. \_\_\_\_\_
- 21 Have a family dance party! \_\_\_\_\_

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PRACTICE ACTS OF KINDNESS  
for 21 days with BUMKINS

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