

Acts of Kindness



Here are some ideas for the first Friday.

With the help of your parents, read a book about anti-racism. <https://www.embracerace.org/resources/20-picture-books-for-2020>
<https://www.embracerace.org/resources/childrens-books>

Write a note to a relative or friend who is not able to go out at this time. It can be very lonely and your note will BRIGHTEN that person's day!

Make sign for front door of your home, thanking delivery people from USPS, UPS, Fed Ex and all of the delivery companies that are making it easier for less need for adults to go out. We can stay safer this way. You can even leave bottled water or a store wrapped snack for people who are making deliveries.

Thank each of your family members for one thing they have done for you today.

Make sure your classmates are keeping safe. If they need something, say something!

If your family is able, purchase this kit #KitchenTableKindness with ideas and resources.
<https://www.doinggoodtogether.org/store/doing-good-together-digital-kindness-kit>