

Gifts that Give Hope 2018 Kindness Challenge!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>It is time to BE KIND! Take the challenge and complete one kind gesture each day for the next 30 days. You can use the suggested activity, or use your own kind idea! Bring your completed calendar to the GTGH event on December 8th to receive a special Kindness Badge. Ready.....Set.....GO!</p>				<p>8 Leave a kind note for a teacher or coworker.</p>	<p>9 Pick up litter at a local park.</p>	<p>10 Send leftover Halloween candy to troops overseas.</p>
<p>11 Pay for a stranger's order at a coffee shop or restaurant.</p>	<p>12 Write a kind note in dry erase marker on the mirror of a public bathroom.</p>	<p>13 Donate canned food to a local food bank.</p>	<p>14 Make a meal or baked treat for a friend or neighbor.</p>	<p>15 Bring a box of sidewalk chalk to share to a local playground.</p>	<p>16 Mail a card to a special friend or family member.</p>	<p>17 Help someone carry groceries to their car.</p>
<p>18 Drop off used books at a Little Free Library.</p>	<p>19 Hold the door open for someone.</p>	<p>20 Leave a letter in a library book to surprise the next reader.</p>	<p>21 Let someone else go in front of you in line.</p>	<p>22 Send a video to a friend to tell them why you are thankful for them.</p>	<p>23 Bring sodas or snacks to construction workers on the job.</p>	<p>24 Tape change and kind note to a parking meter.</p>
<p>25 Drop off a baked treat or bag of snacks to the local volunteer fire dept.</p>	<p>26 Make a card and write a thank you note for your mail carrier.</p>	<p>27 Bring supplies to a local animal shelter.</p>	<p>28 Tape treats to a note to give to the crew at your post office.</p>	<p>29 Go to a shopping center and return stray shopping carts.</p>	<p>30 Donate or give away a well-loved toy or clothing item.</p>	<p>1 Hand out stickers to people waiting in a long line.</p>
<p>2 Make something new out of recycled items.</p>	<p>3 Bring a box of tissues or an apple to a teacher.</p>	<p>4 Bring in a neighbor's trash cans OR sweep leaves off of their walkway.</p>	<p>5 Leave sticky notes with kind words or sayings in the inside of bathroom stall doors.</p>	<p>6 Write kind messages with chalk around your neighborhood.</p>	<p>7 Go through the drive-thru and pay for the car behind you.</p>	<p>8 Come to GIFTS THAT GIVE HOPE! 10am-2pm Arlington Science Focus School</p>

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#NovaKindKids

Post your acts of kindness on social media to inspire other families to join in the movement, and to have your picture shared on the GTGH Facebook page!



GIFTS THAT GIVE HOPE