

#BEKIND21

BROUGHT TO YOU BY: In Kind Boxes

- 1 List 5 things you are grateful for. _____
- 2 Call a loved one and remind them that you love them. _____
- 3 Leave a good review for a local small business you enjoy. _____
- 4 Take me time: Take a minute to just breathe. _____
- 5 Actively listen to someone. Help them feel heard. _____
- 6 Practice mental and digital self-care by cleaning up the photos on your device. _____
- 7 Text a friend and check in on them. _____
- 8 Be kind to your body by eating a healthy snack. _____
- 9 Give someone a smile. _____
- 10 Write a kind message in chalk on the sidewalk for others to enjoy. _____
- 11 Spend time in nature with someone you care about. _____
- 12 Leave positive comments on social media for loved ones/local businesses. _____
- 13 Get rest. Either take a nap, or go to bed early. _____
- 14 Volunteer with a local organization you love. _____
- 15 Tell a loved one that you appreciate them. _____
- 16 Give yourself a big hug, and tell yourself how awesome you are. _____
- 17 Register yourself and a friend to vote at rockthevote.org _____
- 18 Go through your closet and pack a bag of gently used clothes to donate. _____
- 19 Get creative- write, paint, sing or dance _____
- 20 Be kind to the environment by recycling, conserving water, and using reusable containers. _____
- 21 Write a list of at least 5 things you like about yourself. _____