



kindness at

HOME

MARCH/APRIL 2020

SOCIAL CONNECTING IN A TIME OF PHYSICAL DISTANCING



MARCH 30: Join the Be Kind Challenge! Keep track of your acts of kindness using our printed slips or making your own. Come up with fun and creative ways to display your kindness chains. Visit: bensbells.org/bekindchallenge for info.

Tues

Wed

Thurs

Fri

Sat

30



Volunteer to do the dishes after a meal.



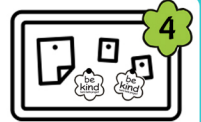
Help plant and/or tend a garden.



Make "be kind" signs* and hang them around your house.



Talk about why getting enough sleep is important for self-kindness.



Make a "What is kindness?" bulletin board or poster.

5



Write or draw a note of love and appreciation for someone.

6



Create a gratitude jar. Jot down what you're grateful for and see if you can fill it up!

7



Talk about why eating well is important for self-kindness.

8



Collect gently used books that you no longer read to donate.

9



Practice ways to stay calm if you begin to feel angry or frustrated, like taking a short break by yourself or thinking about three things you are grateful for.

10



Make a "be kind" necklace that reminds you to spread kindness in the world.

11



Instead of listening only to reply, practice listening to understand.

12



Write Kind Notes* to seniors. Save these to give to Ben's Bells and we will deliver them for you!

13



Watch the sunrise or sunset.

14



Do a household chore without being asked.

15



Talk about some great things about living in your community.



Learn to say "thank you" and "hello" in a new language.

17



At dinner, talk about acts of kindness you saw or experienced during the day.

18



Write a Thank You note* to your trash collector.

19



Before bed, talk about what you're thankful for.

20



Make a Kind Superhero mask* and start using your greatest superpower—kindness!

21



Recommend your favorite podcast to someone you love.

22



Find a bracelet or rubber band to wear on your wrist. Every time you blame, move the bracelet to the other wrist. Without judgment, become aware of your blaming habits.

23



Write an "I'm Sorry"* note to someone.

24



Commit to posting only kind messages on social media.

25



Make kindness coupons and hand them out.

26



Send 5 people text messages where you appreciate their kindness.

27



Write a Thank You* note to your parents.

28



Count how many good things happened today. Write about them or draw a picture.

29



Watch a movie together and talk about moments of kindness between characters.

30



Turn on some fun music and dance freely!

1

2



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MAY 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
26	27	28	29	30	1	2
<p>Continue the Be Kind Challenge. Save your chains to give to Ben's Bells and we will make a giant chain to showcase your collective acts of kindness!</p>						<p>Read a book to someone, or to a pet.</p>
<p>Find a bracelet or rubber band to wear on your wrist. Every time you feel grateful, move the bracelet to the other wrist. As you soak it in, become aware of your gratitude.</p>	<p>Collect old towels and sheets to donate to an animal shelter.</p>	<p>Be kind to yourself and eat a healthy snack.</p>	<p>If you feel stressed or overwhelmed, take three deep breaths in order to build awareness of your body and your thoughts.</p>	<p>Compliment everyone in your household on a quality that helps them be kind.</p>	<p>Create a family gratitude collage to hang.</p>	<p>Find a mindfulness app, and practice a mindfulness activity with family/friends.</p>
<p>Talk about why exercise is a powerful self-kindness practice.</p>	<p>Do a household chore without being asked.</p>	<p>Write a Thank You note* to your mail carrier.</p>	<p>Go the whole day without complaining!</p>	<p>Turn off your screens and play a board game together.</p>	<p>Share a picture of one of your kind art projects on social media to give others a visual reminder of kindness.</p>	<p>Call your friend's parents and tell them how great their kid is.</p>
<p>Think about a time when being kind was hard, and resolve to choose kindness even when it isn't the easiest choice.</p>	<p>Make a Ben's Bells Mini Bell* and give it to someone to recognize their kindness.</p>	<p>Do something kind for your pet, or talk about why it's important to be kind to animals.</p>	<p>Call your grandparents or an older family friend and ask them to tell you a story from their childhood.</p>	<p>Talk about what non-profit organizations do.</p>	<p>Make a Top 10 List for an adult in your life (ex: The Top 10 Reasons I Love You").</p>	<p>Tell five friends on social media why you are grateful for them.</p>
<p>Write a Kind Note to yourself.</p>	<p>Be kind to your space by cleaning or organizing an area where you play or work.</p>	<p>Find a quote about kindness and write it on a poster to hang on your wall. Have fun with decorating your poster!</p>	<p>Tell someone how much you love them.</p>	<p>Share an example of kindness on social media.</p>	<p>Turn off the water when you brush your teeth.</p>	<p>Talk about one of your favorite community organizations and how it contributes to kindness in your community.</p>
<p>Reflect on the kind acts you did today.</p>	1	2	3	4	5	6

*TEMPLATES FOR THESE PROJECTS CAN BE FOUND AT: [BENSBELLS.ORG/TOOLS-KINDNESS](https://bensbells.org/tools-kindness)