Summer of Kindness Bucket List

BEGINNERS' EDITION!

- ☐ Create an artful family mission statement. Visit bit.ly/DGTFamilyMission
- ☐ Draw and write about your summer in a family kindness journal. Visit bit.ly/DGTJournal for instructions.
- ☐ Thank soldiers with a book-based project at bit.ly/DGTpatriotism
- ☐ Plant a tree. Imagine where you'll be when it is fully grown.
- ☐ Adopt a food shelf. Invite your child to choose a donation every time you shop. Visit bit.ly/DGTFoodShelf
- ☐ Fill your neighborhood with cheerful sidewalk chalk drawings.
- ☐ Challenge each family member to collect 100 pieces of trash on your next family outing.
- ☐ Give an award to someone you admire. Visit bit.ly/DGTaward
- ☐ Create bird feeders and place them near a public bench. Visit bit.ly/bhfBirdFeeder
- ☐ Host a lemonade stand for a cause.
- ☐ Set up a Magic Mail Station at home and share artwork and letters all summer long. Visit bit.ly/DGTmail for our printable.
- ☐ Pick flowers. Deliver them to someone who needs a smile.
- ☐ Create thank you cards for community helpers (mail carriers, trash collectors, police officers, teachers, coaches, etc).
- ☐ Read and discuss a book together, book club style. Visit bit.ly/DGTRead for ideas.

- ☐ Bake and share dog treats with a shelter or canine neighbor. Visit http://bit.ly/DGTtreats
- ☐ Offer to help a neighbor pull weeds and water plants.
- ☐ Decorate a jar or box from the recycling bin and dedicate it to collect change for a cause. Visit bit.ly/DGTGivingBox
- ☐ Take a mindful nature hike. Draw pictures of all you notice.
- ☐ Visit a local nursing home and deliver colorful cards and drawings to the residents.
- ☐ Double your dinner recipe and share with parents of a new baby.
- ☐ Donate outgrown books to a Little Free Library in your area. Or stock it with kindness-themed books. Visit bit.ly/DGTRead
- ☐ Share some of your garden harvest with the local food shelf.
- ☐ Decorate these cards bit.ly/DGTCards then put them in bags with a few quarters. Tape them to vending machines at a hospital.
- ☐ Decorate dessert bags for Meals on Wheels. Visit bit.ly/DGTbags
- ☐ Schedule a tour of your local fire station and bring treats to thank the fire fighters.
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- ☐ _____

DOING GOOD TOGETHER

Find simple tools to grow big hearts at DoingGoodTogether.org
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