



Let's create ripples of KINDNESS, POSITIVITY and HOPE  
this whole month of APRIL while we are STAYING HOME and STAYING SAFE!  
CUT UP these 30 ideas and fold them and put them in a JAR or an empty CAN.  
Every morning choose one out that you can do as a FAMILY or on your own...  
So much good can come during this time that may seem hard...  
We are all in this TOGETHER!

When we are KIND, we inspire others to BE KIND, and it creates a RIPPLE  
EFFECT that spreads outwards. Just as a pebble creates waves when it is  
dropped in a pond, acts of KINDNESS ripple outwards, touching others lives  
and inspiring kindness everywhere the wave goes.

“ Hope is important because it can make the present moment less difficult to  
bear. If we believe that tomorrow will be better, we can bear a hardship today.”

-Thich Nhat Hanh

Decorate your front door with a HAPPY MESSAGE for others to see.

Send a text message with your favorite QUOTE to someone who lives alone.

Take the time to send an e mail to one of the Teachers working hard to serve us right now.

Pray as a Family today for the Health Care workers doing so much good for us.

Write a letter to someone in your neighborhood and leave it on their porch.

Make a poster or paper that says WE ARE GRATEFUL FOR... and have everyone in your family write one thing and hang it on your fridge.

Post something POSITIVE on your Social Media account today to uplift others

Comment something POSITIVE on 3 people's posts today on social media

Write everyone's name in your family on a paper and put them in a bowl. Have everyone choose a name out. Do something KIND for that person today.

Call or Face time your Grandparents and tell them how much you love them

Go through a local drive through ( If your city allows) pay for the person behind you

Write down a list of everything GOOD and HAPPY in your life right now - hang it up in your room.

Tell someone you have taken for granted how much you LOVE them

Leave a HAPPY note of GRATITUDE on your garbage cans for the person coming to get your trash.

Drop off a simple note or text to an elderly person you are aware of in your community.

BE as KIND and POLITE and GRATEFUL to your family today as you are to strangers

Make EYE CONTACT all day with your family as they speak to you. Put YOUR PHONE DOWN.

Do an ANONYMOUS act of KINDNESS for someone today as a FAMILY

Think of a small business in your area. Consider supporting them today by ordering cookies, going through the SWIG drive through or sharing a large fry!

Remind someone why they are important to you. Express LOVE

Aim to go an entire day without saying ANYTHING negative. Start over if you need to!

Give a HEARTFELT compliment to someone on social media

Gather your family around you. Go around and take turns having everyone take a turn in the center of the circle and say one thing you love about each person.

Write a THANK YOU note to someone in your life who has made a difference and mail it if you have some stamps, or send an e mail or text!

Gather some small ROCKS in your yard. Wash them and let them dry. With markers or paint, create HOPE ROCKS with positive messages for your family members to leave around your house.

Get out a RECIPE Book or find a RECIPE online for a treat. Gather your family members to help you make it and enjoy it together.

Cut out hearts and write positive messages on them and leave them on your next door neighbors doorstep.

Turn on some happy music and build a PYRAMID as a FAMILY and video it from start to finish!

Go outside on your front porch and breathe in some fresh air. Think about 3 things that make you HAPPY.

Make a QUARANTINE MEMORY you will never forget. Lay on the grass together on a blanket and READ your favorite BOOKS. If it is too cold...Lay out a blanket in your family room all together. Invite your FAMILY to be POSITIVE and GRATEFUL for this time together.

Make a CHALK drawing on your DRIVEWAY with a POSITIVE QUOTE. Take a Picture and POST it on your STORY!