

Socially - Distanced

Kindness Checklist

- Write a letter to a friend
- Pick up a piece of litter on your daily walk
- Call a loved one to check-in
- Pay for the order behind you in the drive-thru
- Sort through your wardrobe and prepare a donation for those in need
- Support a small business (share their page, purchase a product or pay for a service in advance)

How did completing this checklist make you feel?

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