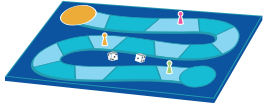
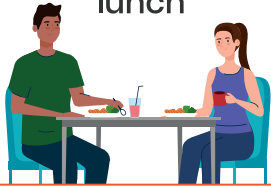


Enjoy a game night with friends or family



Invite a friend or co-worker to lunch



Write a thank you note to a police officer or fire fighter

Start a gratitude jar
(write down what you are grateful for each day)



Support or volunteer at a local charity



Say something kind to someone you've never spoken to before



An Opportunity for Our Nation

PRESENTED BY

Kindland

JUST BE KIND

Go on a walk with a friend or co-worker



Support your local animal shelter

Give an extra **BIG thanks** to your server at the end of your meal



Lend a helping hand to an elderly neighbor or family member



Kindness is a universal language that can be understood and appreciated by everyone.

It is a common thread that connects us all as Americans. By doing added acts of kindness, we all contribute to the character and consciousness of our nation.

Write a thank you note to a Healthcare Hero



Give someone flowers



What can you do?

Report acts of kindness you see, do, or witness on Kindland's FREE Just Be Kind app. Use the QR code provided to download the app now.



To learn more about Kindland and its mission to create positive community and school cultures through kindness,

visit BeKindland.com

Pay for the person behind you in the drive-thru line



Pick up trash at a park



Share your acts of kindness on social media using #Kindland and tag @BeKindland. Sharing acts of kindness will inspire others to do the same. The suggested acts of kindness on this piece provide us with different ways we can connect through kindness.

Leave a kind note for the mail carrier



Visit a family-owned business or restaurant



Make something for someone who is sick or recovering



Donate to a Food Bank



Thank a local teacher



Say thank you to someone who has made a difference in your life

