

How to spread

KINDNESS

while social distancing



Leave love notes for family members.*

Read a book to your brother or sister.

Take a walk and pick up litter.

Make a compliment poster for a relative or friend. Take a picture of you holding it and post it online for them.*

Pick up your toys without beina asked.

Call an elderly neighbor.

I think you are magical



Write chalk messages on the sidewalk.



Have a video chat with a loved one and tell a joke.

Help make dinner.

1 A Son



Write a note to your grandparents to mail or post online.*

Send an email to a current or past teacher.

Put a basket of treats out for delivery people.*

Sort through old toys and clothes to donate later.

Do someone else's chore for them.

Take part in a virtual food drive.



Color pictures to mail to a nursing home.*

Decorate

Set the table for dinner.

Call a family member to say, "I love you."

Have a video chat with a loved one and sing a song.

Make a thank you poster for a doctor or nurse and post a picture online for them.*



Pull weeds for a neighbor.

Support a local business by buying a gift card or orderina take-out food.

Collect soda can tabs to donate to Ronald McDonald House. RMHC.ORG/OTHER-WAYS-TO-HELP

Play a game with your brother or sister.

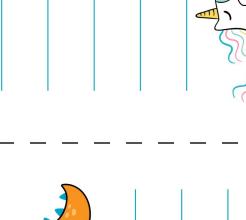




^{*}A printable for this activity is included in this packet.

YOU'RE DINO-MITE!!











YOURE OUT OF THIS WORLD!

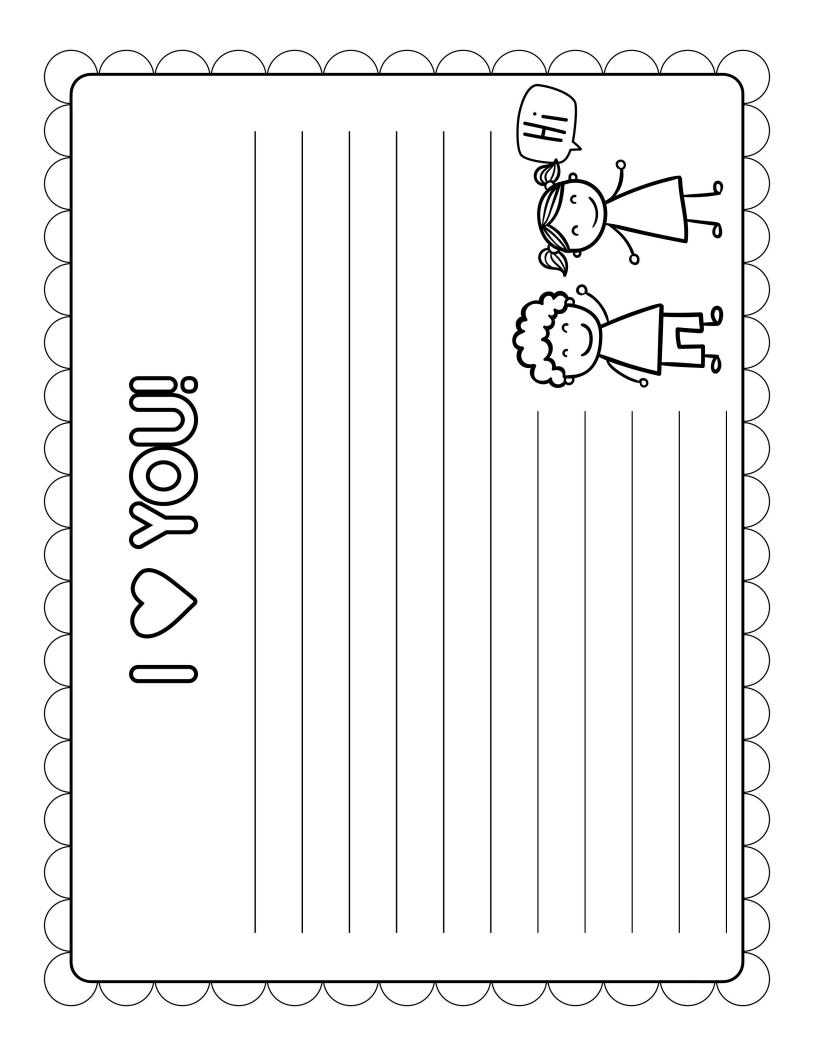
You help me grow!



	Think you to I think you	
MOURE DINO-MITE!!		So Som thelip me growi

5 THINGS ⇒ I LOVE ABOUT YOU!





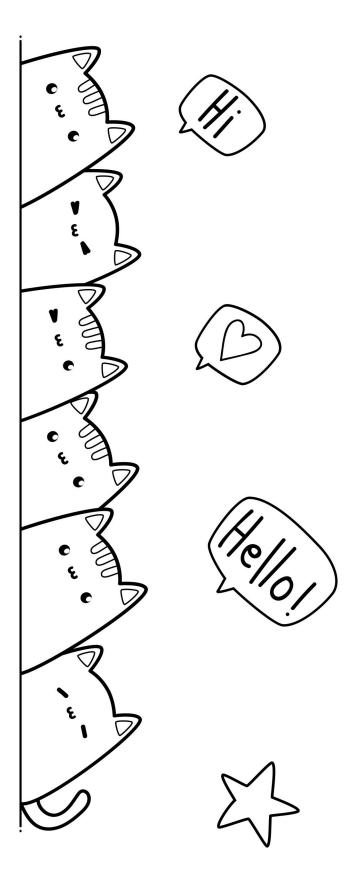
ATTENTION DELIVERY DRIVERS

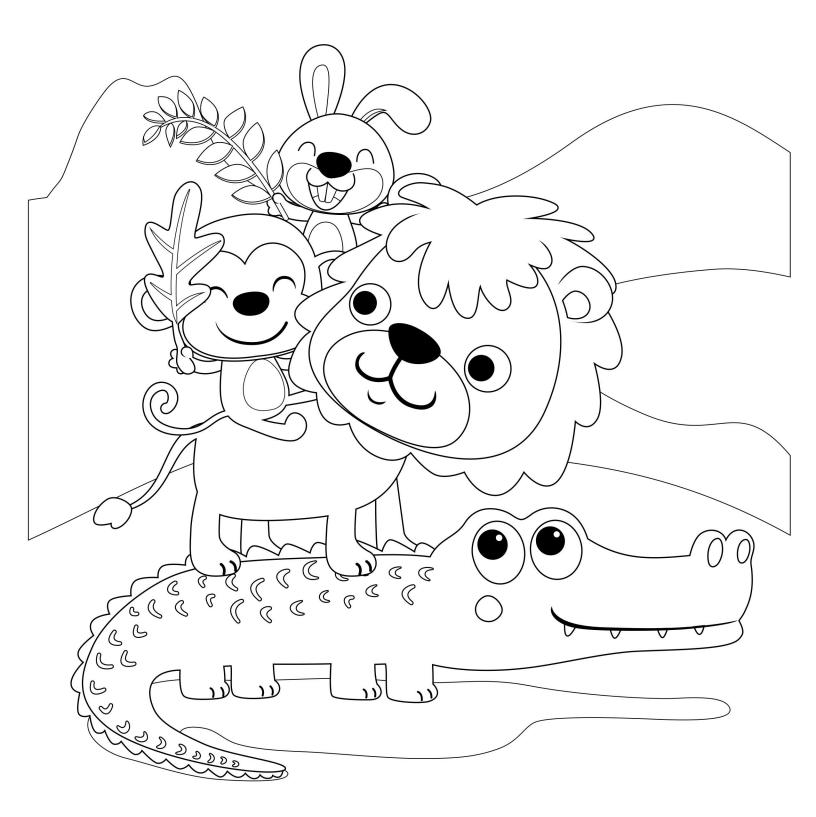


FOR MAKING SHOPPING ONLINE SO EASY!

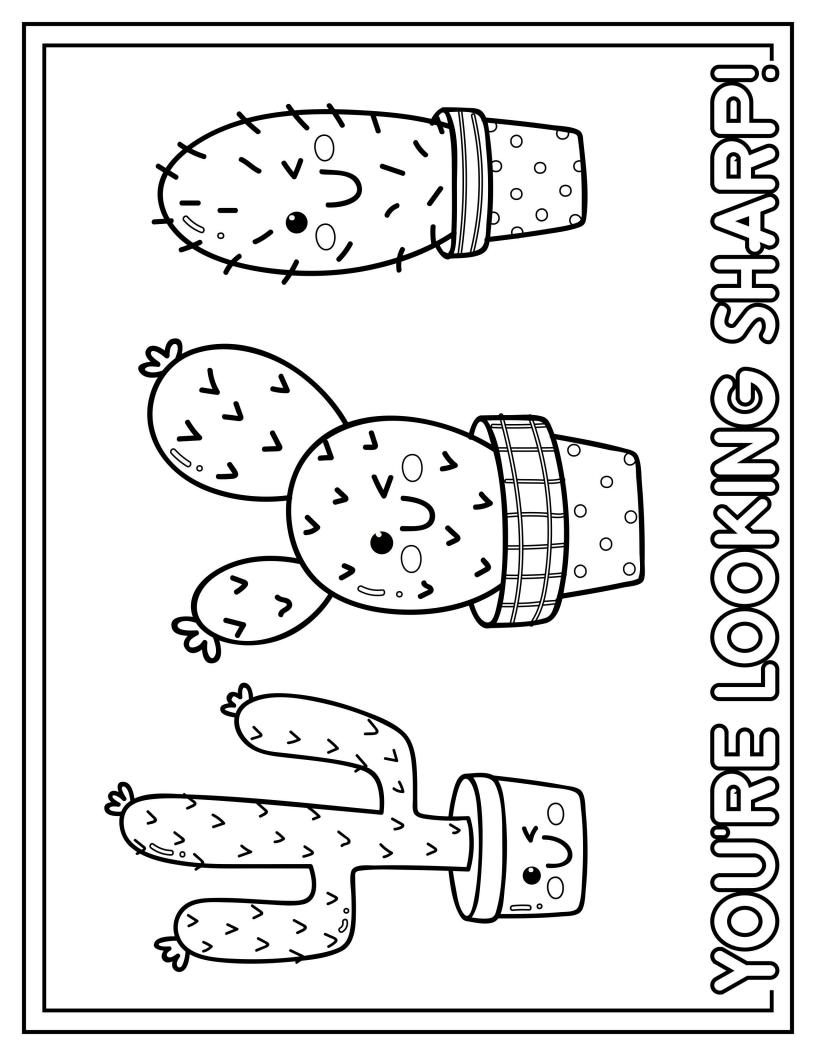
PLEASE HELP YOURSELF
TO SOME WATER OR A TREAT.

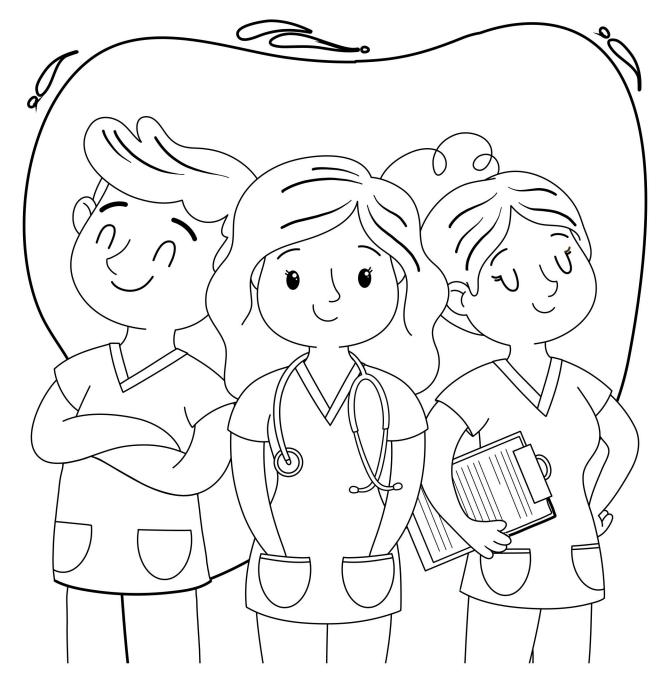
NICE





SENDING SMILES YOUR WAY!





THANK YOU, DOCTORS & NURSES!