



Giving  
Hope  
Today

## KINDNESS CHALLENGE

This month, bring a little hope to others by participating in a kindness challenge. When we take the time to help others, we can make a difference in their lives while bringing a bit of happiness into our own.



Gather school supplies and drop them off at a local Salvation Army for their Backpack program.

### POSITIVE WORD ROCKS



Paint positive words on rocks and then place them around your neighbourhood to encourage those who see them.



Buy extra groceries and donate to a local foodbank.



Spend some time visiting or chatting with a neighbour who may be lonely.



Surprise someone by helping them with their yard work.



Surprise your family by cleaning or tidying a room in your home.