



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.