

There are so many ways that you can **get involved** in Be Kind Day in your community... Below are some ideas to help get you started (*scroll down to read the ideas*):

Schools

Community

Planet

Workplaces

Elders

Universities

Parents

Yourself

Animals

3 Ideas for Be Kind Day for Schools:

- 1- Email us and ask for the PDF of classroom tasks and commit to doing this with your class*
- 2- Ask each class to come up with 3 activities for Be Kind Day*
- 3- Hold one class dedicated to Be Kind Day: Ask each student to bring \$1 (or whatever amount you want to chose) to class, collect this money together. Then ask each student to research a cause/charity that they think it is best to donate the money to, ask them to present their cause/charity and why they think its worthy of the money. At the end of the day hold a vote to decide which cause/charity the money should go to. Then send the money to the cause/charity and inform them that is part of a Be Kind Day activity.*

3 Ideas for Be Kind Day for Elders

- 1- Visit a nursing home/Old Peoples home and offer to volunteer for day, maybe read stories with them*
- 2- Visit your parents/grandparents and take them out to lunch/dinner, ask them to share their favourite story with you.*
- 3- Donate money to your local hospice/palliative care team (or even organise a fundraiser for them)*

3 Ideas for Be Kind Day for Planet

- 1- Catch public transport for the day*
- 2- Buy organic food for the day*
- 3- Go through your possessions and identify things you do not use, recycle or donate them.*

3 Ideas for Be Kind Day for Workplace

- 1- Compliment a colleague*
- 2- Buy some flowers or chocolates for your boss/cleaner/secretary/colleague with a note saying "thank you for your kindness"*
- 3- Ask each staff member to bring \$5 (or whatever amount you want to chose) to work on Be Kind Day, collect this money together. Then ask each staff member to research a cause/charity that they think it is best to donate the money to and why they think its worthy of the money. At the end of the day hold a vote to decide which cause/charity the money should go to. Then send the money to the cause/charity and inform them that is part of a Be Kind Day activity.*

3 Ideas for Be Kind Day for Community

- 1- Pick up 10 pieces of rubbish from the ground around your community*
- 2- Make a donation to a local Non-Government Organisation (NGO) or Charity that does positive and inspiring things*
- 3- Write a letter to your local council thanking them for something positive that they have implemented into your community*

3 Ideas for Be Kind Day for Parents

- 1- Tell your child that you love them*
- 2- Do an act of Kindness with your child - ie. give a homeless person some money*
- 3- Talk to your child about what the definition of Kindness is and why its so important, ask your child to think of 3 acts of kindness*

3 Ideas for Be Kind Day for Animals

- 1- Feed an animal*
- 2- Visit a animal shelter and play with the animal*
- 3- Be a vegetarian for the day*

3 Ideas for Be Kind Day for Yourself

- 1- Take 5 minutes of silence to slow down*
- 2- Be content with what you have*
- 3- Reflect over your life and all the wonderful experiences you have had*

3 Ideas for Be Kind Day for Universities:

- 1- Email us and ask for the PDF of classroom tasks and commit to doing this with your class*
- 2- Hold one class dedicated to Be Kind Day: Ask each student to bring \$1 (or whatever amount you want to chose) to class, collect this money together. Then ask each student to research a cause/charity that they think it is best to donate the money to, ask them to present their cause/charity and why they think its worthy of the money. At the end of the day hold a vote to decide which cause/charity the money should go to. Then send the money to the cause/charity and inform them that is part of a Be Kind Day activity.*
- 3- Set up a stall in your university giving away free tea, coffee, juice and biscuits for the day*