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<p><b>CHALLENGE YOUR FAMILY TO KINDNESS!!!</b></p>	<p> <b>Follow @KindnessXL</b></p>	<p><b>1</b>  Draw a colorful picture for someone you appreciate—then deliver it with a smile!</p>	<p><b>2</b>  Each family member gives someone else a genuine compliment. Keep it going!</p>	<p><b>3</b>  Find one way to help a family member today before they even ask.</p>	<p><b>4</b> <b>4th of July</b> Honor the spirit of freedom by helping someone feel included. Invite a neighbor, thank a veteran, or share a kind word with someone new at a celebration.</p>	<p><b>5</b>  <b>Be Kind to the Earth</b> Help take care of the earth by picking up litter during a walk</p>
<p><b>6</b>  <b>Tasty Treats</b> Bake or buy treats together and surprise a neighbor or friend.</p>	<p><b>7</b>  <b>Dollar Store Kindness</b> Get 2-5 \$1 bills and write a note that says, "Someone wanted to spread a little kindness today—and you were chosen! Treat yourself to something that brings you joy." THEN, leave the note and dollar bills on a shelf at the dollar store.</p>	<p><b>8</b>  Make Someone Laugh Tell a silly joke, do a goofy dance, or make up a funny story.</p>	<p><b>9</b>  Sit in a circle and take turns sharing one thing you're grateful for.</p>	<p><b>10</b>  Do a kind act—and challenge the person you helped to pass it on!</p>	<p><b>11</b>  <b>You are GREAT!</b> Write kind messages on sticky notes and leave them around the house or community.</p>	<p><b>12</b>  Pick gently used toys or books to donate to children in need.</p>
<p><b>13</b> Make a mini mailbox and leave kind notes for family members all week.</p>	<p><b>14</b>  Pick a book about kindness and read it aloud as a family.</p>	<p><b>15</b>  Family Hug Time Take 30 seconds to give a group hug and share positive energy.</p>	<p><b>16</b>  Leave a favorite book in a Little Free Library with a note tucked inside that says, "This book made me smile—maybe it will do the same for you!"</p>	<p><b>17</b>  Hold the door or elevator open for someone today.</p>	<p><b>18</b>  SMILE AT EVERYONE YOU SEE TODAY.</p>	<p><b>19</b>  Cheer Someone On Make a "You Can Do It!" sign or video message to support someone.</p>
<p><b>20</b>  Invite someone to get Ice Cream with you in celebration of National Ice Cream Day!</p>	<p><b>21</b>  Show extra love to a pet—or visit a local shelter and donate used towels or blankets.</p>	<p><b>22</b>  Thank the person who delivers your mail! Write a thank-you card for your mail carrier.</p>	<p><b>23</b>  Tell each family member three things you like or admire about them.</p>	<p><b>24 Self-Kindness</b> Look in the mirror and say three (3) kind things to yourself out loud.</p>	<p><b>25</b>  <b>YES!</b> Today, Look for an opportunity to say "YES!" when someone asks for help—whether it's carrying groceries, giving a ride, or listening without judgment.</p>	<p><b>26</b>  You're awesome! If you see someone doing something great—holding the door, helping a friend, being giving—Tell them, "I noticed that. You're awesome."</p>
<p><b>27</b> Happy Love is Kind Day! Celebrate as a family by sharing kind words, helping someone with a small task, or writing a sweet note to brighten someone's day.</p>	<p><b>28</b> World Nature Conservation day Take time as a family to care for the Earth. Go on a nature walk and pick up litter, plant something together, or make a pledge to recycle at home.</p>	<p><b>29</b>  Kindness Freeze Dance Play music and dance—when it stops, freeze and shout out a kind word.</p>	<p><b>30</b>  Kindness Rock Drop Paint a rock with a kind word or picture and leave it in your neighborhood or park.</p>	<p><b>31 FINAL DAY REFLECTION</b> Talk about what you want people to remember about you. Then do something kind today that shows it.</p>	<p> <b>THE Kindness ACCELERATOR</b> KindnessXL.org</p>	