

# TOGETHER WE REMEMBER, TOGETHER WE HEAL.

Help us overcome hate and practice good will toward others on the newly and locally proclaimed Act of Kindness Day. As an individual or as part of a group, take time to act out a kind gesture for another person. Big or small – any act counts!



## To spark ideas, we've rounded up our top suggestions to make your own.

### **Tier 1 | small acts of kindness**

- Sign up with Volunteer El Paso
- Painted rocks with words of encouragement- leave them around your neighborhood, parks, or gift to someone.
- Sidewalk chalk messages- decorate sidewalks with words of encouragement
- Letters of encouragement/words of affirmation
- Write a letter to a friend/loved one
- Send a positive text to 5 people
- Write a letter of praise to a coworker

### **Tier 2 | involves additional effort, and a minimal monetary contribution**

- Sweep the driveway/sidewalk of an elderly individual
- Take out/in someones trash cans
- Leave a cold bottled water or beverage, along with a note for your mail carrier/delivery person
- Pay it forward (Ex: pay for the person behind you in line at Starbucks)
- Prepare a kit for a homeless person [Ziploc bag filled with a pair of socks, dog food (sandwich bag), a water bottle, snack bar, nuts, etc]
- Make a dish/treat for your neighbor
- Make a donation at a restaurant for a meal for another person
- Leave quarters with the attendant at a laundromat for the next customer

### **Tier 3 | involves the greatest effort and time**

- Gather items to donate to Goodwill, Salvation Army or St. Vincent de Paul
- Donate blood
- Pick up trash in your neighborhood or at your local park
- Encourage people to pick up at least 3 pieces of trash

### **Group Options: ideas for a workplace, church, and/or organizations**

- Deliver a meal to healthcare workers (Feed the Frontline)
- School supply drive
- Fan drive (donate boxed fans for people who do not have A/C)
- Lead a beautification project at a park or an area needing clean up
- Make and distribute toiletry care package for the homeless

Encourage other acts of kindness from your friends and family by posting photos on social media, using #loveforel Paso and tagging @elpasounitedfrc.

In solidarity with the El Paso community participating in Act of Kindness Day, please wear white.