



ACTS OF KINDNESS CHALLENGES - AN "AOK IS THE WAY" CALENDAR!

<p>AOK CHALLENGE</p> <p>Send a "Thinking of You" email or text to someone who lives alone!</p>	<p>AOK CHALLENGE</p> <p>Hide nice notes around the house for your family to find!</p>	<p>AOK CHALLENGE</p> <p>Surprise a relative you don't see often with a phone call!</p>	<p>AOK CHALLENGE</p> <p>Make and post a thank you video to your first responders' social media page!</p>	<p>AOK CHALLENGE</p> <p>Make a homemade gift for someone special!</p>	<p>AOK CHALLENGE</p> <p>Draw a picture of an act of kindness you performed today!</p>	<p>AOK CHALLENGE</p> <p>Get help to buy a digital version of your favorite book to send as a gift to a friend!</p>
<p>AOK CHALLENGE</p> <p>Tell the people you love how very much you love them!</p>	<p>AOK CHALLENGE</p> <p>Make kindness certificates that friends & family can redeem when they need a hand!</p>	<p>AOK CHALLENGE</p> <p>Write friendly messages in chalk on the sidewalk or driveway!</p>	<p>AOK CHALLENGE</p> <p>Start a text chain of kindness! Text a kind message and challenge the recipient to send one!</p>	<p>AOK CHALLENGE</p> <p>Color a picture and email it to a senior center so they can share it with residents!</p>	<p>AOK CHALLENGE</p> <p>Spread some smiles! Share good news or a funny picture or story!</p>	<p>AOK CHALLENGE</p> <p>Make a list of all the kind words you know and use them as often as you can today!</p>
<p>AOK CHALLENGE</p> <p>Write a story for a relative describing a favorite time with them you'll always remember!</p>	<p>AOK CHALLENGE</p> <p>When someone is kind to you, pay it forward and do something nice for someone else!</p>	<p>AOK CHALLENGE</p> <p>Email or post thank you notes online for doctors & nurses who are working hard to help others!</p>	<p>AOK CHALLENGE</p> <p>Record a video love note to sent to your grandparents or other relatives!</p>	<p>AOK CHALLENGE</p> <p>Tell everyone in your family three things about them you think are extra special!</p>	<p>AOK CHALLENGE</p> <p>Ask your mom or dad what you can do to help them!</p>	<p>AOK CHALLENGE</p> <p>Make a bird feeder to feed hungry birds or plant flowers to help bees and butterflies!</p>
<p>AOK CHALLENGE</p> <p>Write and perform a song about why people should be kind!</p>	<p>AOK CHALLENGE</p> <p>Do extra chores to earn money that you can donate to a charity you think is important!</p>	<p>AOK CHALLENGE</p> <p>Call an elderly neighbor to say hello and make sure they are okay!</p>	<p>AOK CHALLENGE</p> <p>Deliver a bouquet of virtual flowers! Find a photo of pretty flowers and send it via email.</p>	<p>AOK CHALLENGE</p> <p>Make a "Have a Great Day" sign you can hold up at stoplights for other cars to see!</p>	<p>AOK CHALLENGE</p> <p>Thank whoever prepared your yummy dinner and tell them how good it was!</p>	<p>AOK CHALLENGE</p> <p>Wave to everyone you see who is working hard in your neighborhood!</p>
<p>AOK CHALLENGE</p> <p>Make and send digital cards to teachers and friends at school that you're missing!</p>	<p>AOK CHALLENGE</p> <p>Make a happy sign for your yard or front window to make your neighbors smile!</p>	<p>AOK CHALLENGE</p> <p>Find as many ways as you can to help around the house today!</p>	<p>AOK CHALLENGE</p> <p>Make a cheer poster or painting celebrating cheerful things!</p>	<p>AOK CHALLENGE</p> <p>Give your pet extra love and attention today!</p>	<p>AOK CHALLENGE</p> <p>Make and share a video about everything you're thankful for!</p>	<p>AOK CHALLENGE</p> <p>Make a calendar of the AOK Challenges you want to perform next month!</p>

For more, visit <http://kindnesscrusaders.com>. *Kindness in the Neighborhood* storybook now available on Kindle!