

# Spreading Kindness

During this time of social distancing, there are many ways we can still connect, help those in need and support each other.

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1. Use sidewalk chalk to leave special messages and drawings for friends and neighbors. It will be such a nice surprise when they look out the window or leave the house to take a walk.
2. Stay connected by using FaceTime or Zoom to communicate with friends and family. Schedule a virtual 'playdate' or 'hangout'. Keep this in mind for the elderly community too!
3. Hang a sign on the mailbox to thank your mail carrier.
4. Hang a sign on the trash cans for the people who pick up the trash and recycling.
5. Send an electronic thank you to your child's teacher. This is not an easy time for any of us. Our educators have been working extra hard for our kids.
6. Talk to your kids about the importance of first responders and health care workers. Consider creating cards of gratitude through The Giving Tree Card Campaign.
7. Bring snail mail back! Have the kids take an afternoon to write notes and draw pictures that can be mailed to friends and family. Think of something really special and amazing about the person... and tell them so!



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Giving Tree Families



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