

# 2021 Day of Caring

## Acts of Kindness Challenge



### Participate in 2021 Day of Caring Acts of Kindness Challenge!

Complete as many acts from the list below by October 8th.

Submit your completed acts of kindness list online at [uwofsc.org](http://uwofsc.org) or by mail to 2020 Erie Avenue, Sheboygan, WI 53081 for a chance to win a special gift from Kohler Company!

### UNITED WE RISE



United Way of  
Sheboygan County

### SHOW KINDNESS...

For Your Community

- Purchase a Wish List item for a local nonprofit (Wish List found at [uwofsc.org/volunteer](http://uwofsc.org/volunteer))
- Leave happy notes around town
- Clean up litter around our community
- Return a stray shopping cart in a parking lot
- Sign up for AmazonSmile and they will give a percentage of your purchase to a nonprofit of your choice
- Create and send thank you card(s) to essential workers in our area
- Share a positive message online such as writing a positive review for a local business or nonprofit

For A Stranger

- Hold the door open for someone
- Give someone a compliment
- Leave a snack or drink for your mail carrier
- Buy flowers to hand out on the street
- Pay for the person behind you in the drive thru
- Leave a generous tip
- Let the person go ahead of you at the grocery store
- Leave a book in a 'little free library'
- Say hello to everyone you see

For A Neighbor

- Mow your neighbor's lawn or help with yard work
- Bring your neighbor a plant
- Walk your neighbor's dog or leave a dish of water for them outside your house
- Write kind chalk messages for your neighbors
- Paint rocks with inspirational words and leave them for your neighborhood to find

For A Loved One

- Write a thank you card to someone who made a positive impact on your life
- Record yourself reading one of your favorite childhood stories and send it to a child you know
- Drop off a care or wellness package to a family member, friend, or co-worker in need
- Watch a movie your loved one picks out
- Share happy memories by mailing a photo to someone you love
- Send a friend a funny video
- Send someone flowers for no reason
- Reconnect with an old friend

*"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."*

-Amelia Earhart

# SHOW KINDNESS...

## For a Coworker

- Offer to help someone at work
- Recommend or give kudos to a work colleague on LinkedIn
- Be a mentor for someone
- Bring lunch for a coworker
- Make a meal for someone else
- Give someone the benefit of the doubt
- Offer to pick up groceries for someone you know
- Snap a photo of a couple or family
- Bake cookies for someone else
- Teach someone your favorite recipe
- Text someone a positive message
- Take 15 minutes to listen to someone intently
- Tell a joke
- Forgive someone
- Take the day to not complain
- Put a positive note on your mirror
- Practice self-care such as meditate or take a nap
- Take time to appreciate the sunrise and sunset
- Put your phone in a safe spot on silent and enjoy some no screen time

## For Anyone

## For Yourself

Don't Forget!  
Submit your acts of kindness  
list by October 1st for  
a chance to win a  
special gift from Kohler Company!  
Visit [uwofsc.org](http://uwofsc.org) for details.

### Have your own kindness idea to share?

Write in your own acts of kindness that you completed on the online form or list here:

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### Kindness is Contagious. Challenge your friends to join in and spread seeds of kindness.

Post a picture of you completing an Act of Kindness on social media and challenge your friends to join you! Example post below. Tag @unitedwaysheboygancounty so we can see and share your kindness with others.

KINDNESS IS CONTAGIOUS! I'm happy to spread kindness by participating in the Acts of Kindness Challenge hosted by @UnitedWaySheboyganCounty.

The Act of Kindness I completed was \_\_\_\_\_.

To spread kindness, I challenge \_\_\_\_\_ to join me in completing an Act of Kindness to show that we make a difference when we act together. #actsofkindness #unitedwerise



## SPECIAL THANKS TO OUR SPONSORS

For a full listing of corporate support for 2021 Day of Caring, visit [uwofsc.org](http://uwofsc.org).

### Diamond Sponsors



### Gold Sponsors

