

# 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 you 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

## For Anyone

- ☐ 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

## For Yourself

- ☐ 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

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

