



PROJECT IDEA

Pay It Forward *By Jessica Ryan*

From <https://globalpayitforwardday.com/>

*"Sharing is caring! Use social media on April 28th to show the world how love can change a life while inspiring your community to stand for kindness. Put a heart on your hand and share with us while living out kindness."**

No need to wait until Global Pay It Forward Day. This project can be done year round!

*** Make certain all participants under 18 get permission before posting by sharing the details about this project with parents and caregivers.**

HOW TO

Ways to pay it forward on a budget!

Challenge the kids to complete some of these suggestions or come up with their own ideas to pay it forward throughout the month.

- Give up your spot in line
- Ask someone about their day.
- Make a meal for a family member or friend.
- Volunteer.
- Compliment people.
- Leave a nice note.
- Write a positive review online.
- Take part in a charity run/walk.
- Call or visit an elderly family member.
- Offer water to outside workers.
- Take a neighbor's trash up.
- Mow someone's lawn.

ITEMS NEEDED

1. Checklist/bingo card

- Start your own drive/collection.
- Create art for someone.
- Pass on used clothing/toys.
- Pick up trash.
- Be a role model.
- Educate.
- Shop small/local.

This could be made into a bingo card or checklist for the students to take home. They could pick a few to journal about and possibly share with the group in the May meeting.

Contact ambassadorsupport@kindnessmatters365.org for questions or comments. 😊