



**Project Ideas:** School may be out for summer, but **Gratitude, Compassion and Kindness** are year-round! Here are some project ideas to try with your family, friends and neighbors .

- ❑ Participate in National Say Something Nice Day on June 1<sup>st</sup>: <https://bit.ly/3626bjh>
- ❑ July is Social Wellness Month. Celebrate existing and new relationships. <https://bit.ly/3KzQC17>
- ❑ Build a Kindness Kit: <https://bit.ly/KindKit>
- ❑ Create a fun zone on the sidewalk for neighbors who walk by: Draw a hopscotch, ask them to walk like a duck or sing a silly song, draw their favorite flower, etc.
- ❑ Bring laughter to your neighborhood: post the set up to a joke on one tree/light post/etc. & the punchline on the next tree/light post/etc.: [bit.ly/3r7T9YP](https://bit.ly/3r7T9YP)
- ❑ Build a free stick library for neighborhood dogs or for your local dog park and be sure to stock it up.
- ❑ Attend an Honor Flight welcome ceremony. Don't forget to make signs! Find a flight: [bit.ly/HonorFlightFLL](https://bit.ly/HonorFlightFLL) or [bit.ly/HonorFlightPBI](https://bit.ly/HonorFlightPBI)
- ❑ Ding Dong Ditch a neighbor, leaving treats, bubbles, flowers or art to brighten their day. Sweet surprise card: [bit.ly/3v3472L](https://bit.ly/3v3472L)
- ❑ Have a backyard garden? Share the extras with your neighbors, the local little free pantry [<https://bitcoca.org/littlefreepantry/>] or local food bank: [<https://www.foodpantriesnear.me/>].
- ❑ Sit on your front porch, stoop, driveway or lawn in the evenings. Wave and say hi to neighbors who pass by.
- ❑ Play an instrument? Serenade your neighbors in the evenings from your porch, stoop or driveway.
- ❑ Make picture or storybooks to fill your local little free library. Share stories about a neighborhood hero or acts of kindness you've witnessed or experienced. Map of Little Free Libraries: [bit.ly/LFL\\_Map](https://bit.ly/LFL_Map)
- ❑ Don't have a local free library? Learn how to build one: <https://littlefreelibrary.org/build/>
- ❑ Write a letter for service members stationed abroad. Visit [bit.ly/FSLetter](https://bit.ly/FSLetter)
- ❑ Host story hour under the favorite neighborhood tree. Read a book or invite an older neighbor to share their favorite childhood memories.
- ❑ Leave a thank you note and/or a treat for your mail carrier, trash hauler, or delivery person. Sample card: [bit.ly/KM365Gratitude](https://bit.ly/KM365Gratitude)
- ❑ Write/draw a thank you for a teacher or staff member who had a positive impact on you this past school year. Mail it to school so it is waiting for them when they return in the fall. Sample card: [bit.ly/KM365Gratitude](https://bit.ly/KM365Gratitude)
- ❑ Sit under your favorite tree or in your favorite shady spot. Look and listen. What sights and sounds of summer do you notice?
- ❑ Every day is Earth Day. On your next walk, or trip to the mailbox, car, bus stop, park or beach, take a bag so you can Take 3 for the Sea: <https://www.take3.org>.
- ❑ Join your local Buy Nothing group or host a free yard "sale" to share items you have outgrown or no longer need.
- ❑ Find a volunteer opportunity near you. Visit [bit.ly/KM365\\_Share](https://bit.ly/KM365_Share) ; <https://bit.ly/3rd3WRU> ; or <https://bit.ly/35SPXc2>
- ❑ Keep a Summer Kindness journal. Draw/write about one kindness you witnessed or initiated each day.
- ❑ Keep a Summer Gratitude journal: <https://bit.ly/KM365GratitudeJournal>. Pay attention to the things summer brings for which you can be grateful. Write or draw about them each day.
- ❑ Help a neighbor in need with yard work, bringing in groceries, or gifting a meal.
- ❑ Create your own Summer Kindness In Action project!

