

Give Guidelines

Until Easter Sunday: March 31, 2024



Do 5 random acts of kindness each week

Consider doing these random acts of kindness

• **Encouraging Notes**

- Be an encouraging voice to others
 - *Text someone an encouraging message about who they are in your life.*
 - *Send a positive text message to five people.*
 - *Leave Post-It notes with encouraging words on a mirror for your family member to see.*
 - *Email a coworker thanking them for something*

• **Names, names, names!**

- Get to know the names of people and intentionally call them by name every time you see them.
 - *Restaurant server*
 - *Mail carrier*
 - *Neighbor*
 - *Coworker*
 - *Receptionist at Dental/Medical Office*
 - *School bus driver*
 - *Restoration Church person*

▪ **Compliments**

- Find opportunities to give compliments.
 - *Compliment the first three people you see today.*
 - *At the checkout line, thank and compliment the employee who helps you. i.e. "Thank you so much. You are awesome."*
 - *Throw a party to celebrate someone for just being who they are.*

• **Helping Others**

- Notice opportunities to help others.
 - *Hold the door open for someone carrying items.*
 - *Donate blood.*
 - *Practice active listening when people share their thoughts.*