

FOUR ELEMENTS OF KINDNESS

3

Kindness to Community

Element #3 is a **kindness guide** to activities and ways to spread kindness in your community (place of worship, recreation groups, town etc.)

- **Donate** - bring kindness to your “community” by organizing a collection of donations for a local charity. Donated items could include food for shelters or pantries, personal hygiene items, clothing, footwear, dog toys, etc.
- **“Kindness” Mini Library** - set up a mobile mini library in your local community. People can bring a book and take a book. Mini libraries can be housed in a reused letterbox stand, or large plastic storage boxes (stacked) etc.
 - **Mini art supply or game station** (same as mini libraries) in community centers or underserved areas in your community
- Organize a **“community” clean-up** - Choose an area of your town, school, church etc that you deem in need of cleaning up. Gather a group of volunteers to help collect trash, litter, leaves, dead plants & branches.
- **Car wash** - set up a community car wash at a school, church or shopping center. Donate the fees collected to a charity or foundation of your choice.
- **Community kindness / gratitude board** - start a community board to recognize acts of kindness.
- **Spend time** - arrange to visit programs / services that may benefit from extra volunteers i.e.: Elderly care service, ‘special needs sports programs, family or pet shelter etc.
- **Send a note** of appreciation to your local park staff, garbage collectors or recycling crew.