


## one kind thing

1. Give a compliment
2. Bake cookies for your neighbor.
3. Ask a parent if they need help with anything.
4. Invite a friend to join this challenge.
5. Write a thank you note to a teacher or friend.
6. Sign up to serve at Feed My Starving Children.
7. Make your bed without being asked.
8. Leave a nice note for your mail person.
9. Write your mom a sweet note.
10. Shovel a neighbor's driveway.
11. Bring money to church for the offering.
12. Surprise your dad with a note.
13. Listen intently.
14. Make lunch for your parents.
15. Leave a nice note in a library book.
16. Check in with someone you haven't seen lately.
17. Talk to a kid at school most kids don't talk to.
18. Make your parents breakfast.
19. Paint a rock with an inspirational note.
20. Pray for someone in need.
21. Make a card for your neighbor.
22. Encourage someone.
23. Donate a toy.
24. Allow someone to help you and thank them.
25. Write a note for your bus driver.
26. When others are gossiping, say something nice.
27. Donate new pajamas to foster kids.
28. Bring cookies to your custodian.
29. Hold open the door for people all day.
30. Put money in the tip jar when you buy cocoa.
31. Give someone a hug.
32. Pick up litter.
33. Send a video to a faraway friend/family.
34. Write a list of things you love about someone.
35. Tell your siblings you appreciate them.
36. Smile at everyone.
37. Cash in all your change and donate it.
38. Do the dishes.
39. Clean your room without being asked.
40. Offer your siblings grace.

I tell you, love your enemies. Help and give without expecting a return. You'll never—I promise—regret it. Live out this God-created identity the way our Father lives toward us, generously and graciously, even when we're at our worst. Our Father is kind; you be kind.

Luke 6:35-36 MSG




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# one kind thing

We're always looking for ways to share the love of Jesus. Starting on Ash Wednesday, February 14, think of one kind thing you can do for your family, friends or others for 40 days straight. Write down the kind thing you do every day. Need ideas? See the list on the back or go to [Restorationcov.org/OneKindThing](http://Restorationcov.org/OneKindThing). Thanks for helping us spread kindness throughout our community starting with One Kind Thing.

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