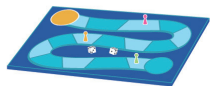


Enjoy a game night with friends or family



Write a thank you note to a police officer or fire fighter

Start a gratitude jar
(write down what you are grateful for each day)



Give an extra **BIG thanks** to your server at the end of your meal



Go on a walk with a friend or co-worker



Pay for the person behind you in the drive-thru line

Donate to a Food Bank



Say something kind to someone you've never spoken to before



Write a thank you note to a Healthcare Hero



Invite a friend or co-worker to lunch



Leave a kind note for the mail carrier



Give someone flowers



American Red Cross

Volunteer, donate, or give blood at The American Red Cross



Support your local animal shelter

Say thank you to someone who has made a difference in your life



An opportunity for our Nation as we celebrate 250 years!



**Kindness is our universal language.
It is the value that America was built on
and the value that continues to guide
our nation every day.**

2026 marks the 250th birthday of the United States of America.
Help us celebrate by completing the acts of kindness on this challenge board and spread kindness far and wide.



Kindland
JUST BE KIND

Together, America is a Kind-land.

Learn more and print additional challenge boards at USofKindness.org

Share your kindness journey at [@BeKindland](https://twitter.com/BeKindland) [#USofKindness](https://twitter.com/USofKindness)

Thank a local teacher



Make something for someone who is sick or recovering



Lend a helping hand to an elderly neighbor or family member



Visit a family-owned business or restaurant



Pick up trash at a park

