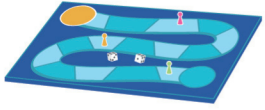


Enjoy a game night with friends or family



Do an act of kindness of your choice:



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)



Support the American Red Cross
(Donate, give blood, or send a thank you)



Start or support a lemonade stand



Fun for Kids + Adults!

PRESENTED BY

Kindland

JUST BE KIND®

Go on a walk with a friend or co-worker



Support your local animal shelter



Have a device free day

Lend a helping hand to an elderly neighbor or family member



Write a thank you note to a Healthcare Hero



Give someone flowers



Do an act of kindness of your choice:

Pick up trash at a park



Excellent summer activity!

For each square you complete, you will receive a raffle entry to WIN amazing prizes! Amusement park tickets, tickets to sporting events, gift cards, experiences, and more!

**One challenge sheet and up to 20 raffle entries per person*

Questions? Contact Amanda Guarnieri at amanda@viafdn.org or 440.463.6205

HOW TO PARTICIPATE:

1. Complete as many of the challenges as you can and mark them off as you go. We're using the honor system – so be kind!
2. Share your kindness journey and document your acts of kindness using the Just Be Kind App or share your journey on social media tagging [@BeKindland](https://twitter.com/BeKindland) and using [#Kindland](https://twitter.com/Kindland). (This step is optional and not required to participate).
3. When you have filled out your form and marked off the squares you have completed, please submit your form using **ONE** of the following methods:

Visit [BeKindland.com](https://www.BeKindland.com) or **scan the QR code** to enter your submission information and provide a photo of your completed form.



-OR- Mail your completed form to:
Values-in-Action: Summer of Kindness,
6700 Beta Dr. Ste. 120, Mayfield, OH 44143

4. **DEADLINE** to receive forms: **Friday, August 22.**

5. You will receive one raffle entry for each square you have marked off.
The raffle drawing will take place on Thursday, August 28.

Leave a kind note for the mail carrier



Visit a family-owned business and restaurant



Make something for someone who is sick or recovering



Donate to a Food Bank



Paint and decorate a rock with a positive message

leave it somewhere for people to see



Leave a kind message with sidewalk chalk

