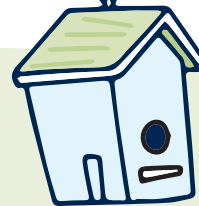


# KINDNESS ACTIVITIES



**1** Create a digital drawing/ image/poster and send it to someone. Create a positive message to accompany your artwork.

**6** Make a homemade birdfeeder.

**2** Bake treats for a neighbour.



**7** Cook dinner or clean up after dinner for your family.

**3** Write a kind letter to a relative or friend.

**8** Read a story or a book about friendship.

**4** Send a thank you to all essential workers working to keep us safe.

**9** Create a kindness postcard to mail to a friend or relative.



**5** Consider donating to a charitable cause.

**10** Engage in random acts of kindness to family, friends or community.



Your Well-Being Matters  
*Stronger together, even when apart*

**WELL-BEING  
EVERYONE  
EVERY DAY**