

NOVEMBER 2020

# Keeping Connected



RESOURCE FOR SUPPORTING SOCIAL EMOTIONAL LEARNING AT HOME

## Being thankful

WITH THANKSGIVING AROUND THE CORNER, IT IS TIME TO REFLECT ON WHAT WE ARE THANKFUL FOR THIS YEAR. COVID-19 HAS MADE 2020 LIKE NO OTHER WHICH IS WHY IT IS IMPORTANT TO FIND THOSE LITTLE THINGS THAT MAKE US HAPPY. HERE ARE SOME THANKFULNESS STARTERS

WHAT IS THE ONE THING YOU ARE MOST GRATEFUL FOR IN YOUR LIFE RIGHT NOW?

NAME 5 THINGS YOU ARE GRATEFUL FOR THIS WEEK.

WHO IS SOMEONE YOU CANNOT IMAGINE YOUR LIFE WITHOUT?

WHAT IS A WAY YOU CAN SHOW MORE GRATITUDE EVERY DAY?

WHAT IS SOMETHING THAT MADE YOU SMILE TODAY?

NAME SOMETHING SURPRISING THAT HAPPENED TO YOU RECENTLY.

WHAT IS SOMETHING FUN YOU EXPERIENCED IN THE LAST YEAR?

THANKFUL THURSDAY FROM [DIVASWITHAPURPOSE.COM](http://DIVASWITHAPURPOSE.COM)

“  
Kindness is caring  
for others, even  
when they may not  
care for you

RAKtivist

## WORLD KINDNESS DAY NOVEMBER 13, 2020

Kindness Challenge to make kindness the  
norm in your neighborhood



### LET'S DO THIS!

Participating in this personal challenge is simple. On the next page, you'll see a grid of 60 hearts. Your goal is to fill in each of those hearts by completing random acts of kindness. The kindness acts are grouped into three categories based on how challenging they are: one-heart activities (quick and easy), two-heart activities (more involved), and three-heart activities (challenging).

You can do some of the activities multiple times. For example, you can write a list of five things you are grateful for up to five times because practicing gratitude feels so good and is an integral part of making kindness the norm.

These random acts of kindness were designed to be done in your neighborhood so you can choose to do any of the activities in any order. You do not need to do each of the activities—just the ones that sound fun to you.

The rest of the booklet includes fun coloring pages, writing prompts, and other kindness activities that you can do while you are completing the challenge.

When you've filled in all 60 hearts, be sure to send us a photo of your favorite completed challenge page at [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org).



RANDOM ACTS OF KINDNESS  
FOUNDATION

#MakeKindnessTheNorm | [www.randomactsofkindness.org](http://www.randomactsofkindness.org)

## 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of our comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make  
kindness  
the norm.

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)