



The 5 Acts of Kindness Challenge

In SoulPancake's video, we learn that 5 acts of kindness a day can increase your happiness and sense of purpose. Such acts can be done to complete strangers or people we know and love. Let's pick up where the video left off and try doing our own acts of kindness in a socially distant way. And since we may not have the luxury of time, let's aim to do one action a day for the next 5 days.

There are four steps to this challenge:

1. Choose an act of kindness

3. Add your signature touch

2. Identify a recipient

4. Storyboard your experience

- 1. Choose an act of kindness:** The Act of Kindness Board includes twenty-five opportunities for performing acts of kindness. Here are three ways to use the board:
 - **Option 1:** For a group experience, each participant can assign someone else an action to perform. It's simple! Each person selects an action for the person whose name comes after them in alphabetical order.
 - **Option 2:** For a more random selection, each participant should print out the Act of Kindness Board and flip a coin. Wherever the coin lands is the selected action.
 - **Option 3:** For a more intentional experience, participants choose whichever option they'd like to take on.
- 2. Identify a recipient.** The Subject Sheet includes people that might be in your orbit who can benefit from your action. Here are three ways to determine who will be the recipient of your act of kindness:
 - **Option 1:** Each participant selects a subject for someone else.
 - **Option 2:** Randomly select the subject.
 - **Option 3:** Each participant chooses a subject for themselves.
- 3. Add your signature touch.** This act should be a genuine expression of who you are and what you're able to offer. - What are you going to do to turn this act of kindness into your own? How can you add your own flavor? Be sure to include an accompanying note when relevant!
- 4. Storyboard your experience.** After each act of kindness, draw or write in a square on the Storyboard to chronicle your experience.
 - Did you run to do the act or was it hard to do it? What either excited or inhibited you?
 - Did you give to someone you know or to a stranger? How did that impact your experience?
 - How does it feel knowing that you may or may not be recognized for your act?



VALUE
SPARKS
SERIES

Acts of Kindness Board

Developed by M²

Spark a conversation with an older person that you cross paths with

Reach out to somebody to see if they'd like company

SURPRISE SOMEONE WITH A HOME-COOKED MEAL

Plan a (virtual?) coffee date and focus on that individual

MAKE A VIDEO TO CHEER SOMEONE UP

Spend 30 minutes outside cleaning up your neighborhood

Support a small independent business

LEAVE A BUNCH OF FLOWERS AND A NOTE ON SOMEONE'S DOORSTEP

Make an extra effort to recycle and compost this week

OFFER TO WALK SOMEONE'S DOG OR CARE FOR THEIR PET

DONATE CLOTHES OR SUPPLIES THAT ARE IN GOOD CONDITION

Be extra kind to a shopkeeper

Write an inspiring letter for someone else to find

LIGHTEN SOMEONE'S LOAD BY DOING SOME OF THEIR CHORES

Leave a snack outside for a visitor

Pass along a great book to someone who would appreciate it

GIVE A SINCERE COMPLIMENT TODAY

ADD A GENEROUS TIP TO THE NEXT PURCHASE YOU MAKE

Create a care package for a loved one

Give a lottery ticket to someone

Customize a playlist and share it as an expression of gratitude

Read to someone who could use the attention

TEXT A GENUINE COMPLIMENT TO SOMEONE OUT OF THE BLUE

Donate your skills or talents to someone who could use them

SPREAD THE WORD ABOUT A WORTHY CHARITY THAT YOU SUPPORT

Subject Sheet

Here are three ways to determine who will be the recipient of your act of kindness:

- **Option 1:** Each participant selects a subject for someone else.
- **Option 2:** Randomly select the subject.
- **Option 3:** Each participant chooses a subject for themselves.

**Delivery
Person**

Neighbor

Mail Person

Friend

Grandparent

Sibling

**Store
Worker**

Stranger

Mentor

Advisor

**Security
Guard**

Yourself

Supervisor

Colleagues

Aunt

Uncle

Cousin

Niece

Nephew

Mother

Father

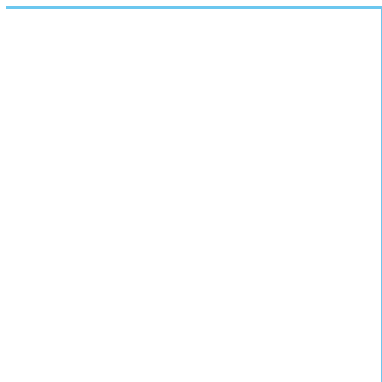
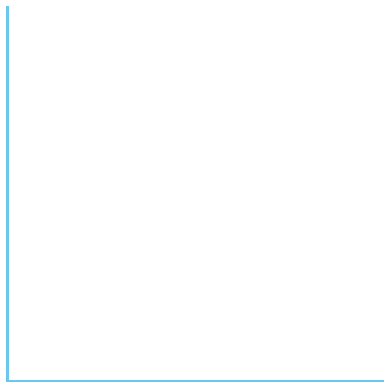
Classmate

Teacher

Acquaintance

**First
Responder**

from me to you



Storyboard: Acts of Kindness

After each act of kindness, draw or write in a square on the Storyboard to chronicle your experience. Afterwards, reflect on the following:

- Did you run to do the act or was it hard to do it? What either excited or inhibited you?
- Did you give to someone you know or to a stranger? How did that impact your experience?
- How does it feel knowing that you may or may not be recognized for your act?

Action:

Action:

Action:

Action:

Action:

