

2021 Day of Caring Acts of Kindness Challenge



Participate in 2021 Day of Caring Acts of Kindness Challenge!

Complete as many acts from the list below by October 1st.

Submit your completed acts of kindness list online at uwofsc.org or by mail to 2020 Erie Avenue, Sheboygan, WI 53081 for a chance to win a special gift from Kohler Company!

UNITED WE RISE



United Way of
Sheboygan County

SHOW KINDNESS...

For Your Community

- Purchase a Wish List item for a local nonprofit (Wish List found at uwofsc.org/volunteer)
- Leave happy notes around town
- Clean up litter around our community
- Return a stray shopping cart in a parking lot
- Sign up for AmazonSmile and they will give a percentage of your purchase to a nonprofit of your choice
- Create and send thank you card(s) to essential workers in our area
- Share a positive message online such as writing a positive review for a local business or nonprofit

For A Stranger

- Hold the door open for someone
- Give someone a compliment
- Leave a snack or drink for your mail carrier
- Buy flowers to hand out on the street
- Pay for the person behind you in the drive thru
- Leave a generous tip
- Let the person go ahead of you at the grocery store
- Leave a book in a 'little free library'
- Say hello to everyone you see

For A Neighbor

- Mow your neighbor's lawn or help with yard work
- Bring you neighbor a plant
- Walk your neighbor's dog or leave a dish of water for them outside your house
- Write kind chalk messages for your neighbors
- Paint rocks with inspirational words and leave them for your neighborhood to find

For A Loved One

- Write a thank you card to someone who made a positive impact on your life
- Record yourself reading one of your favorite childhood stories and send it to a child you know
- Drop off a care or wellness package to a family member, friend, or co-worker in need
- Watch a movie your loved one picks out
- Share happy memories by mailing a photo to someone you love
- Send a friend a funny video
- Send someone flowers for no reason
- Reconnect with an old friend

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

-Amelia Earhart

SHOW KINDNESS...

For a Coworker

- Offer to help someone at work
- Recommend or give kudos to a work colleague on LinkedIn
- Be a mentor for someone
- Bring lunch for a coworker

For Anyone

- Make a meal for someone else
- Give someone the benefit of the doubt
- Offer to pick up groceries for someone you know
- Snap a photo of a couple or family
- Bake cookies for someone else
- Teach someone your favorite recipe
- Text someone a positive message
- Take 15 minutes to listen to someone intently
- Tell a joke
- Forgive someone

For Yourself

- Take the day to not complain
- Put a positive note on your mirror
- Practice self-care such as meditate or take a nap
- Take time to appreciate the sunrise and sunset
- Put your phone in a safe spot on silent and enjoy some no screen time



Don't Forget!
Submit your acts of kindness
list by October 8th for
a chance to win a
special gift from Kohler Company!
Visit uwofsc.org for details.

Have your own kindness idea to share?
Write in your own acts of kindness that you completed on the online form or list here:




Kindness is Contagious. Challenge your friends to join in and spread seeds of kindness.

Post a picture of you completing an Act of Kindness on social media and challenge your friends to join you! Example post below. Tag @unitedwaysheboygancounty so we can see and share your kindness with others.

KINDNESS IS CONTAGIOUS! I'm happy to spread kindness by participating in the Acts of Kindness Challenge hosted by @UnitedWaySheboyganCounty.

The Act of Kindness I completed was _____.

To spread kindness, I challenge _____ to join me in completing an Act of Kindness to show that we make a difference when we act together. #actsofkindness #unitedwerise

SPECIAL THANKS TO OUR SPONSORS

For a full listing of corporate support for 2021 Day of Caring, visit uwofsc.org.

Diamond Sponsors



Gold Sponsors

