

2020 Day of Caring Acts of Kindness Challenge



Participate in 2020 Day of Caring Acts of Kindness Challenge!

Complete as many acts from the list below by October 8th.

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 Kwik Trip gift card.

UNITED WE RISE



United Way of
Sheboygan County

SHOW KINDNESS...

To Your Community

- ☐ Participate in a local item drive happening on Day of Caring (details at uwofsc.org/volunteer)
- ☐ Purchase a Wish List item for a local nonprofit (Wish List found at uwofsc.org/volunteer)
- ☐ 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

To Someone you do not know

- ☐ Write letters of encouragement to clients of a local nonprofit agency or medical facility
- ☐ Give someone a compliment
- ☐ Leave a snack or drink for your mail carrier
- ☐ Write a note to a deployed or wounded member of the military
- ☐ Pay for the person behind you in the drive thru
- ☐ Leave a generous tip
- ☐ Donate blood or plasma
- ☐ Leave a book in a 'little free library'
- ☐ Leave quarters at a laundry mat

To A Neighbor

- ☐ Mow your neighbor's lawn or help with yard work
- ☐ Leave a nice message on your neighbor's car
- ☐ 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

To 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
- ☐ Write a poem for a family member
- ☐ 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

When we practice random acts of kindness, we not only lift the burdens from others around us but we release positivity within ourselves as well.

SHOW KINDNESS...

At Work

- ☐ Offer to help someone at work
- ☐ Recommend or Give Kudos to a work colleague on LinkedIn
- ☐ Be a mentor for someone

To Anyone

- ☐ Pass along a great book you have read
- ☐ Make a meal for someone else
- ☐ Give someone the benefit of the doubt
- ☐ Offer to pick up groceries for someone you know
- ☐ Wash someone else's car
- ☐ Bake cookies for someone else
- ☐ Teach someone your favorite recipe
- ☐ Share discount coupons with someone else
- ☐ Take 15 minutes to listen to someone intently
- ☐ Make someone laugh
- ☐ Forgive someone
- ☐ Text someone a positive message

To A Yourself

- ☐ Put a positive note on your mirror
- ☐ Practice self-care such as meditate or take a nap
- ☐ Write a gratitude list
- ☐ 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
Kwik Trip gift card!
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! 2020 has brought on many challenges. One challenge I'm happy to participate in is 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 can still make a difference when we act together (even while we are apart).

#actsofkindness #unitedwerise



SPECIAL THANKS TO OUR SPONSORS

For a full listing of corporate support for 2020 Day of Caring, visit uwofsc.org.

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