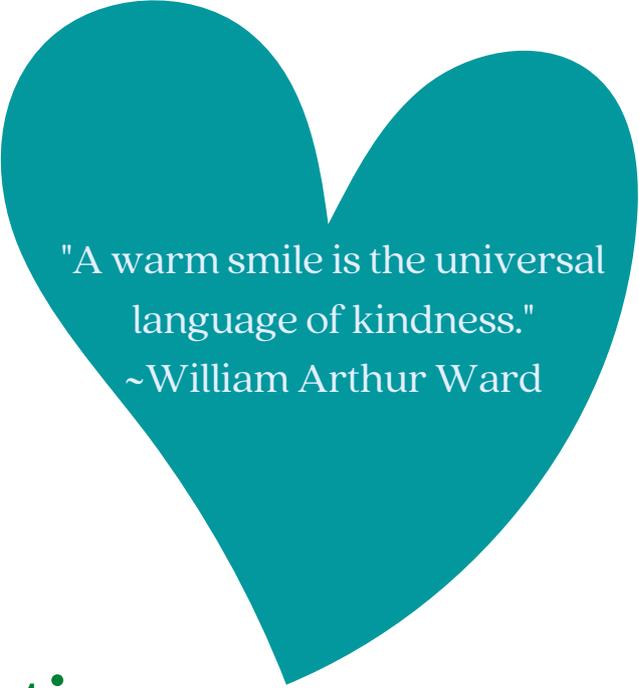


*My
Acts of Kindness
For Adults*

February 2022

Extension
UtahStateUniversity®





"A warm smile is the universal
language of kindness."
~William Arthur Ward

Introduction:

Studies have shown that being kind to ourselves and others (even a stranger), or actively observing kindness around us boosts happiness.

This is why we have created this kindness activity book. For seven days we have different acts of kindness that you can do. At the end of the seven days we hope you notice being happier!

This book is created for adults; we have a separate one for youth.

How to Participate:

Fill out this booklet every day for seven days from February 14th-20th. You can either write about what you did or paste a picture. By the end of day Wednesday, February 23rd be sure to fill out the google form provided by the Morgan County Extension Office. The link can be found on their website: extension.usu.edu/morgan or our facebook page: @usuextmorgan.

Those who complete the kindness challenge will receive a gift card to a local business.

Questions:

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Day 1

Monday:



*Slow down so someone can merge in front of
you in traffic.*



Day 2

Tuesday:



Smile at someone who looks sad.

Day 3

Wednesday:



Buy a warm meal for someone in need.



Day 4

Thursday:



*Park far away and leave the close space for
someone else.*

Day 5

Friday:



*Donate clothes to charity (leaving a happy note
in the pocket).*



Day 6

Saturday:



Take a friend out to lunch.

Day 7

Sunday:



You choose your act of kindness for the day.



Additional Acts of Kindness



If you were unable to do one of the suggested acts of kindness throughout the week or need ideas for Sunday, here are some additional suggestions.

- Offer to help a co-worker with a work project.
- Write a handwritten note a neighbor and tell them what makes them special.
- Send a Valentine's Day card to an elderly neighbor.
- Call (or text) a family member or friend whom you haven't talked to in a while.
- Pack a special note or treat in your kid's lunchbox.
- Contribute any amount of money to a favorite charity.
- Help a child with their reading
- Make cookies for a neighbor or family member.
- Compliment a co-worker or someone you run into while you're out and about.