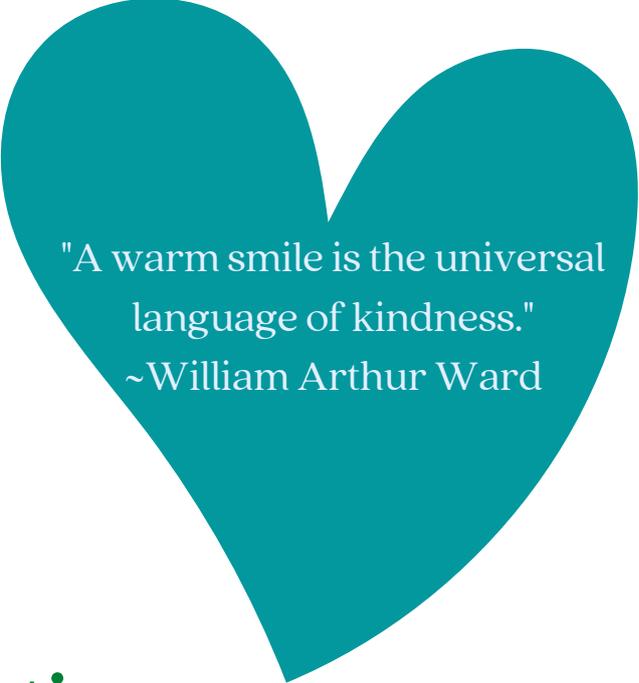


*My
Acts of Kindness
For Adults*

February 2021

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 8th-14th. You can either write about what you did or paste a picture. By the end of day Tuesday, February 16th 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:



*Let someone go ahead of you
while you're waiting in line.*



Day 2

Tuesday:



*Send letters with tons of stickers and colors to
the kids in your life.*

Day 3

Wednesday:



Gather food to donate to a local food pantry.



Day 4

Thursday:



Compliment a co-worker or someone you run into while you're out and about.

Day 5

Friday:



Support a local small business by purchasing product or giving a shout out on social media.



Day 6

Saturday:



Make cookies for a neighbor or family member.

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.
- Park far away and leave the close space for someone else.
- Write a handwritten note to a neighbor and tell them what makes them special.
- 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.
- Share a smile.
- Take a friend out to lunch.