

10 FUN WAYS TO #CHOOSEKIND AS A FAMILY

Here are ten acts of kindness you can do together as a family or with a group of friends.



1 COMPLIMENT EACH OTHER

Think of something kind to say about each member of your family. Write the compliment on a small piece of paper and put them in a jar. Do this every day for a month. At the end of the month, pull them out and read them!



2 PLAY A GAME

Pull out a board game, a deck of cards or a puzzle! Go outside and throw a ball around or play a game of hide and seek!



3 SURPRISE SOMEONE WITH A SPECIAL CARD OF GRATITUDE

Write a note of gratitude to a family member, friend, teacher, neighbor or coach letting them know you are grateful they are in your life.



4 GET OUT IN NATURE

Go for a hike, bike ride, or an extra long walk with the dog. While you're out there, pick up trash you see along the way.



5 TURN OFF THE DEVICES

Spend an hour just talking to each other, asking questions, laughing, sharing memories and being together.



6 CLEAN UP!

Make a game of cleaning the house or a specific room that you've been putting off. Make silly rules like "If you find a lone sock, you have to do the chicken dance!"



7 COOK A MEAL FOR A NEIGHBOR

Prepare a meal as a family and make extras to pack up and deliver to a neighbor in need. Better yet, invite your neighbor to join your family for dinner!



8 GET CRAFTY

Create bookmarks with inspirational messages and head to the library or a bookstore to hide them in books where someone will find them!



9 TAKE PHOTOS

Get the camera (or your phone) out and do silly poses, create a 'best photo' contest and make a little album of all the photos from the day. Send your favorite one to a family member who lives far away and tell them you miss them.



10 WRITE A LETTER OF GRATITUDE

Think of someone who has made a positive impact on your family (a neighbor, a friend, a teacher) and have everyone add words about why they are grateful for that person. Mail it, deliver it in person, or call them and read it out loud!

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READ THE BOOK AND SEE THE FILM
IN THEATERS NOVEMBER 17

#CHOOSEKIND

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5 MORE WAYS TO #CHOOSEKIND AS A FAMILY

Here are five more kind acts you can do as a family or with a group of friends.



1 SEND A POSTCARD

Send a postcard to someone you haven't contacted in a while. Let them know you're thinking of them and that you miss them.



2 LEAVE ENCOURAGING NOTES

Write inspirational or encouraging notes on sticky notes and place them on a bathroom mirror, a shelf in a grocery store, on someone's locker at school, on a neighbor's door, a car windshield or just about anywhere!



3 READ TOGETHER

Choose a book to read together as a family. Have each person read a page or chapter aloud and then switch to the next reader until the book is finished.

4 INSPIRE SOMEONE TO #CHOOSEKIND

Spread the #ChooseKind message! Send your favorite ideas from this list of suggestions to a friend or family member, and encourage them to participate in their own acts of kindness.



5 BEAUTIFY YOUR NEIGHBORHOOD

Head out in your neighborhood or local park or beach and pick up litter. Watch out for sharp items and wear gloves! Bonus: re-use an old grocery bag to cut down on waste!



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