Kindness Challenge 2021

Kindness is scientifically proven to increase energy, make you feel happier, lower your blood pressure, and it might help you live longer. It can also reduce pain, stress, anxiety, and depression. Plus, kindness is contagious! The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward."

The challenge: Show kindness every day Nov 9 - 13! Each day represents a different group/individual. Need some ideas? Check out our list of suggestions on page 2.

The reward: Besides feeling good about yourself and the health benefits listed above! Happy is the New Healthy!

Tuesday, Nov 9	Wednesday, Nov 10	Thursday, Nov 11	Friday, Nov 12	Saturday, Nov 13
CO-WORKER KINDNESS DAY	**SELF KINDNESS DAY**	**COMMUNITY KINDNESS DAY**	**FRIENDS & FAMILY KINDNESS DAY**	**WORLD KINDNESS DAY**
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Participant Name   Participant Signature   Dept/Agency   Date

Why did you choose to participate?

Kindness Challenge Ideas

Your Choice
MANATEE HEALTH PLAN

Tuesday, Nov 9	Wednesday, Nov 10	Thursday, Nov 11	Friday, Nov 12	Saturday, Nov 13

CO-WORKER KINDNESS DAY

- Offer a compliment
- Leave a thank you note (card, post-it note, etc.)
- Take a coworker to lunch or buy them coffee
- Help coworker with a project you are not assigned to
- Ask a coworker to take a walk with you
- Give your coworker your undivided attention, ie: put your phone down
- Help clean up a mess that you didn't create
- Find out something new about a coworker

SELF KINDNESS DAY

- Write down your favorite moment of today
- Disconnect from devices
- Take a walk
- Listen to music you love
- Read a book
- Get a massage
- Meditate for 5 minutes
- Take a yoga or meditation class
- Snuggle with your pet
- Listen to your children laugh
- Write 3 things you are AWESOME at
- Start learning a new skill
- Take a bubble bath
- Participate in an activity that you love

COMMUNITY KINDNESS DAY

- Donate time or money to a local charity
- Support a Local Business
- Offer to pay for the car behind you in the drive through
- Smile at a stranger
- Let someone ahead of you in line
- Do a favor for someone without the expectation of return
- Leave a generous tip
- Leave a positive message somewhere unexpected
- Practice kindness while driving

WORLD KINDNESS DAY

- Pick up litter and throw it away
- Write a letter to military/veteran
- Recycle your bottles
- Bring your lunch in a reusable container
- Ride your bike or walk to work to save the ozone
- Plant a tree
- Simply listen to someone you disagree with
- Donate your long hair to be made into a wig for those with cancer(locks of love)
- Spend time volunteering at a local charity

FAMILY & FRIENDS KINDNESS DAY

- Call your parents/children/grandparents just to say hi
- Schedule a zoom video call with friends you haven't seen in a while.
- Send a care package to someone who's away from home
- Tell your best friend or partner why you love them
- As a family or with friends…
  - Donate a few hours to a charity or cause
  - Donate new or gently used toys to Toys for Tots or Goodwill
  - Clean up litter at the beach
- Leave a kind note of appreciation
- Sit down for a family meal and have an actual conversation