2023 Summer of Kindness CHALLENGE

Fun for Kids + Adults!

PRESENTED BY **Kindland** — JUST BE ♥ KIND®
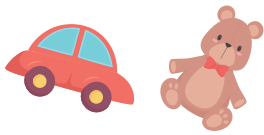
Challenge Squares

- Gather old toys and/or books to donate to others
- Leave a kind message with sidewalk chalk
- Write a thank you note to a Healthcare Hero
- Support your local animal shelter
- Start or support a lemonade stand
- Write a thank you note to a police officer or fire fighter
- Donate to a Food Bank
- Read a story to someone special
- Plant flowers or a tree
- Donate gently used clothes
- Make something for someone who is sick or recovering
- Leave a kind note for the mail carrier
- Pay for the person behind you in the drive-thru line
- Support a local business
- Give someone flowers
- Bring in groceries and help put them away
- Volunteer, donate, or give blood at The American Red Cross
- Have a device free day
- Wash someone's car (with permission from car owner)
- Pick up trash at a park

Form

NAME: _____   EMAIL: _____

PHONE: _____   DATE SUBMITTED: _____

Excellent summer activity!

For each square you complete, you will receive a raffle entry to WIN amazing prizes! A vacation, Browns tickets, Cavs tickets, Grocery Gift Cards, and more!

One challenge sheet and up to 20 raffle entries per person

Questions? Contact Amanda Guarnieri at amanda@projectlove.org or 440.463.6205

HOW TO PARTICIPATE:

1. Complete as many of the challenges as you can and mark them off as you go. We're using the honor system – so be kind!

2. Share your kindness journey and document your acts of kindness using the Just Be Kind App or share your journey on social media tagging **@BeKindland** and using **#Kindland**. (This step is optional and not required to participate).

3. When you have filled out your form and marked off all of the squares you have completed, scan or take a photo of the form and email it to **amanda@projectlove.org** OR mail your form to **Values-in-Action: Summer of Kindness, 6700 Beta Dr. Ste. 120, Mayfield, OH 44143**.

4. **DEADLINE** to receive forms: **Friday, August 18.**

5. You will receive one raffle entry for each square you have marked off. **The raffle drawing will take place on Friday, August 25.**