

Family-Friendly Ways to Celebrate NATIONAL MAKE A DIFFERENCE DAY



National Make a Difference Day is a day dedicated to encouraging children and families to volunteer and serve their local communities to improve the lives of others. It also provides families with an opportunity to teach their children important lessons of compassion.

This year we partnered with our friends at [Doing Good Together™](#) to create a Caring Beyond the Classroom Kindness Kit to help your family give in meaningful ways to create a stronger, more equitable community. Below you will find simple, hands-on activities to motivate your whole family and share kindness in your community. The activities include:

- Kindness Challenge Checklist
- Send Magic Mail
- Color a Smile
- Show Gratitude to Delivery Workers
- Complete Big-Hearted Reading Challenge
- Play Live Generously BINGO
- Have a Conversation

We hope you use these activities to spread kindness and make a difference in your community.



www.NewHorizonAcademy.net



www.DoingGoodTogether.org



HOW TO USE YOUR DGT™ Kitchen Table Kindness Kit

Each piece in this kit will help you and your family start ripples of kindness. No need to do them all at once! Enjoy the projects over the days and weeks ahead. Do your best work. Be creative. And have fun doing good!

KINDNESS CHALLENGE CHECKLIST

This unique checklist will guide you through your eleven Kindness Kit activities. Post this somewhere prominent in your home so you can fill in the blanks and check each box as you go.



SEND MAGIC BY MAIL

Use cardstock (or any other papers you have on hand) to decorate personal cards. Think about sending your creations to hospitalized children, our troops overseas – and anyone you know who could use a note of love or gratitude. bit.ly/3b3oQI2



COLOR A SMILE

Color A Smile is a nonprofit organization that distributes cheerful drawings to senior citizens, our troops overseas, and anyone in need of a smile. Color and mail the three Color A Smile templates included here to the following address: Color A Smile, PO Box 1516, Morristown, NJ, 07962-1516. Then enjoy creating and sending other drawings as well! Learn more at colorasmile.org.



SHOW GRATITUDE TO DELIVERY WORKERS

Set up a station to greet delivery workers at your front door with treats and a thank you. <https://bit.ly/2VDoJ0k>



COMPLETE BIG-HEARTED READING CHALLENGE

Share books that reflect your deepest values. Complete our Big-Hearted Reading Challenge. Then, check out our extensive book lists at doinggoodtogether.org/bhf/read-together.



And take a look at our conversation cards to turn every book into a lesson in empathy. bit.ly/2WjePCI

PLAY LIVE GENEROUSLY BINGO

Read through the acts of kindness for family and friends on the Live Generously BINGO page. Complete 5 in a row to win! Then challenge yourselves to complete all the squares!



HAVE A CONVERSATION

Our 20 conversation starters will inspire discussions on kindness, empathy, generosity and social justice. Learn more about launching more meaningful family conversations: bit.ly/3d0Wlrb



More ideas...

Create a Family Giving Box for an Issue You Care About

Create a unique family giving box (doinggoodtogether.org/bhf/create-a-giving-box). Find a local organization that works on an issue you care about and collect coins (or dollars!) in your giving box to support the cause.

Visit DGT on Social Media

We share more ideas with parents committed to building a kinder, better world via Instagram ([instagram.com/doinggoodtogether](https://www.instagram.com/doinggoodtogether)) or on our closed Facebook group (bit.ly/2Wkq9yo). Request an invite, and we'll welcome you right in!

Start Conversations

Spark big-hearted conversations by creating a Wonder Wall, printing and using our Pithy Placemats, or putting together a Family Mission Statement. You'll find these project instructions and much more at doinggoodtogether.org/bhf/practice-kindness.

Shop Kind

Check out all the fun products at our Shop Kind store. Order a few – from cooperative games to crafts that give back – for living generously right at home. doinggoodtogether.org/shop-kind-dgt



KINDNESS CHALLENGE

This unique checklist will guide you through your Kindness Kit activities. Fill in the blanks and check them off as you go.

1

We set up a MAGIC MAIL STATION with addresses of people we'd like to reach out to all year. I'm excited to send mail to



We colored _____ pictures to be sent to COLOR A SMILE.

2

3

We THANKED DELIVERY WORKERS with treats and a poster!



We read _____ books from DGT's Big-Hearted READING CHALLENGE.

4

5

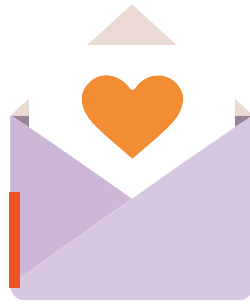
We played KINDNESS BINGO, showing acts of kindness to friends and family.



We had BIG-HEARTED CONVERSATIONS as a family, using our 20 conversation starters.

6

Addresses for your Magic Mail



A good letter is a little bit of magic. Such a small act of kindness can make someone feel so special.

Write a letter to an elder.

Love for Our Elders
To see this month's letter requests:
<https://loveforourelers.org/letters>

Each month, Love for Our Elders features elders someone has nominated to receive letters.

Decorate greeting cards for sick kids.

Cards for Hospitalized Kids
6567 N. Olmsted
Chicago, IL 60631

Consider messages like:

I hope you have a great day today
Never forget how amazing YOU are
I believe in YOU cardsforhospitalizedkids.com

Write letters to soldiers.

A Million Thanks
17853 Santiago Blvd.
#107-355
Villa Park, CA 92861

Send thanks and encouragement directly to active service members and veterans. amillionthanks.org

Send mail to someone you want to thank

Send mail to a friend or family member who may be lonely.

Send a letter of concern, advocacy, or gratitude to an elected official.

Find your member of congress here:
<https://www.congress.gov/members>



Get creative with your magic mail. Send stickers, washable tatoos, special art, or poems with your cards and letters.

ENJOY TODAY

Name _____ Age _____

Color A Smile

P O Box 1516

Morristown NJ 07962-1516

A non-profit organization spreading smiles with cheerful drawings.

ph 973-540-9222

www.colorasmile.org

KEEP SMILING

Name _____ Age _____

Color A Smile

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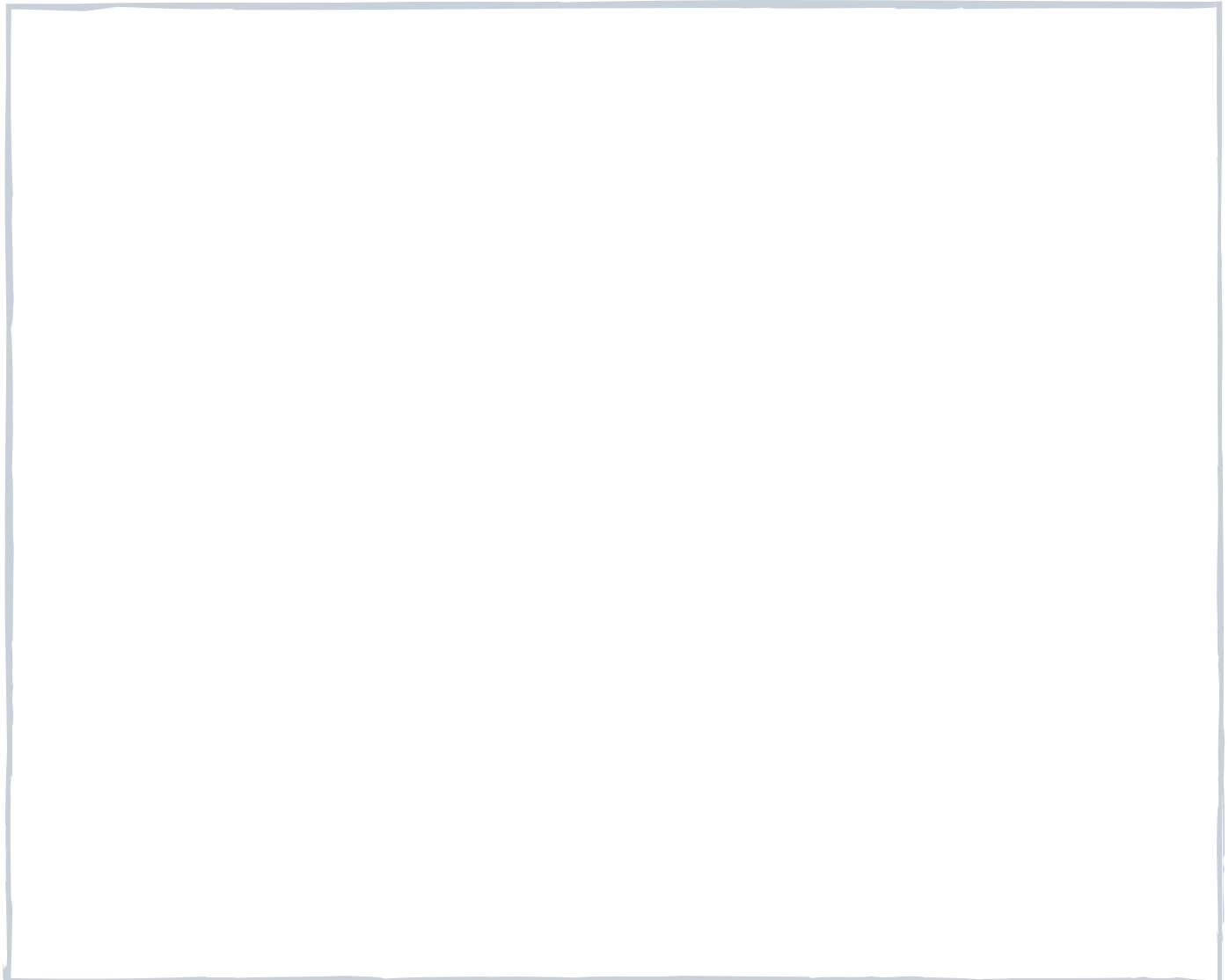
www.colorasmile.org

THANK YOU

To Our UPS, USPS, FedEx, Amazon,
etc. Delivery Heroes!

Thank you for working so hard to deliver to our home!

Stay safe, and be well.





Big-Hearted Reading Challenge

Kickstart a habit of thoughtful reading with this 12-Week Reading Challenge for families.



**Week 1:
Stone Soup by
Jon J Muth**

How does sharing and giving change a community?



**Week 5:
Peace is an Offering by
Annette LeBox**

What can we do to make our world more peaceful?



**Week 9:
The Day You Begin by
Jacqueline Woodson**

What traits make you special or unique? How can you celebrate these traits?



**Week 2:
Have You Filled a Bucket
Today? by Carol McCloud**

How can you spot an empty bucket? And what can you do to fill it up?



**Week 6:
The Big Umbrella by
June Bates**

Let's brainstorm ways we can be welcoming to new people.



**Week 10:
The Three Questions by
Jon J. Muth**

How do you know who and when to help?



**Week 3:
What Can a Citizen Do? by
Dave Eggers**

How is our family practicing good citizenship? What more can we do?



**Week 7:
The Quiltmaker's Gift by
Jeff Brumbeau**

How does it feel to give? How does it feel to receive?



**Week 11:
The Invisible Boy by
Tracy Ludwig**

Do you ever feel lonely or left out? What can you do to feel better?



**Week 4:
I Walk with Vanessa: A Story
about a Simple Kindness**

What does courage look like? Can you think of a time when you stood up for someone else?



**Week 8:
Maddi's Fridge by
Lois Brandt**

What should we do if we find out that a friend is hungry?



**Week 12:
Thank You Letter by
Jane Cabrera**


How can we share our gratitude with others?



Live Generously Family B-I-N-G-O

Simple Acts of Kindness to Spark Habits of Giving

1. Choose your favorite prompt and share or discuss as directed.
2. Try to complete 5 in a row.
3. Keep going! Can you complete every square?

<p>Discuss: What was the last thing you shared? How did it make you (and the recipient) feel?</p>	<p>Pick up trash around your neighborhood or at a nearby park.</p>	<p>Share _____. Fill in the blank and share together (i.e. hugs, compliments, brownies, etc.).</p>	<p>Watch a movie as a family. Imagine how the story might be different if the characters made different choices.</p>	<p>Make a list of people who make life better for your family. Can you reach out and thank any of them?</p>
<p>Share a treat and/or a thank-you note with your mail carrier or delivery person.</p>	<p>Reach out to _____. Fill in the blank. Who could use a smile? What can you do to cheer them up?</p>	<p>Discuss: Who did you help today? Who helped you?</p>	<p>Bring flowers to someone you know who is having a tough day.</p>	<p>Call a relative and share a joke or story that will make them smile.</p>
<p>Discuss: How can you use your unique skills to brighten someone's day?</p>	<p>Start collecting coins for a cause in a jar or can. After a week (or a month), make your donation together.</p>		<p>Make a poster or banner featuring your answers to the following prompt: Kindness is _____.</p>	<p>Discuss: If you could make the world better in one way, what would it be?</p>
<p>Get curious! Ask your child to fill in the blank, then research the answer: I wonder _____.</p>	<p>Create and send a video "thank you" for a gift your child appreciates.</p>	<p>Donate gently-used toys and books you no longer use.</p>	<p>Discuss: If you had to get rid of every possession you didn't actually need except one, what would you keep?</p>	<p>Leave art in your neighborhood. (Sidewalk chalk drawings, painted stones, colorful origami)</p>
<p>Share a sincere compliment with three different people.</p>	<p>Share a "helping" coupon book with someone.</p>	<p>Read a book and talk about how the characters feel throughout the story.</p>	<p>Leave a book (or several) in a Little Free Library.</p>	<p>Make a new friend! Reach out to someone new to set up a trip to the park or other chance to play together.</p>

20 Big-Hearted Questions

for meaningful family conversations.

- Did you get a chance to help anyone today?
- Did anyone help you today?
- Did you notice anyone struggling today?
What happened?
- How do you think (your friend) felt when (something happened)?
- Why do you think it's important that friends and teachers help each other during the day?
- What does it mean to have courage? Have you ever had to be brave?
- What would life be like if (someone specific, a friend, a neighbor, a teacher from daycare) didn't help you out today?
- Can you think of a helpful thing you wish you had done today?
- Can you think of one act of kindness you would like to share tomorrow?
- Are you feeling sorry about anything that happened today? (Admitting mistakes shows kids that no one is perfect, and opens the way for them to share meaningful apologies).
- What are you proud of today?
- What's the best thing about being a girl (or boy)? What's the hardest thing?
- Can you name something you love or think is special about our family today?
- What is one thing you are grateful for today?
- What is one thing you hope to do better tomorrow?
- If you could only keep one toy, what would it be?
- If you could only keep one toy, to whom would you give the rest?
- If you could change one thing in the world, what would you change?
- Do you know anyone in daycare who has trouble making friends? How could you help?
- How do you make yourself feel better when you feel frustrated or angry at daycare? What about bored or tired? Excited?