



# Summer of Kindness Bucket List



- Keep a family kindness journal to record your adventures this summer. Visit [bit.ly/DGTJournal](http://bit.ly/DGTJournal) for crafty DIY instructions.
- Visit [SciStarter.com](http://SciStarter.com) and be a citizen scientist.
- Commit a day to mindfully making eye contact, smiling, and saying hello to everyone you meet (cashiers, servers, etc)
- Plant a row for the hungry. Visit [bit.ly/DGTplant](http://bit.ly/DGTplant)
- Set up a backyard scavenger hunt, water balloon fight, or other fun for older siblings of a new baby.
- Fill your neighborhood with inspiring sidewalk chalk quotes.
- Volunteer for a clean-up effort at a park in your community.
- Make microloans through KIVA.org. Visit [bit.ly/DGTkiva](http://bit.ly/DGTkiva)
- Interview an elderly friend or relative using the prompts and tools available at [StoryCorps.org](http://StoryCorps.org)
- Host a car wash or garage sale for a cause.
- Collect art and craft supplies for children with severe illnesses. Visit [Caitlins-Smiles.org/kits.php](http://Caitlins-Smiles.org/kits.php) for details.
- Offer to mow the lawn for a neighbor in need.
- Bring small treasures for younger siblings to play with during a sporting event. (i.e. frisbees to a soccer game).
- Visit a pet shelter and read stories to the animals.
- Host a kindness activity during National Night Out. Pick a project at [bit.ly/DGTPickAProject](http://bit.ly/DGTPickAProject)
- Run or walk for a cause you care about. Visit [bit.ly/DGTwalk](http://bit.ly/DGTwalk)
- Read and discuss a chapter book together, book club style. Visit [bit.ly/DGTRead](http://bit.ly/DGTRead) for suggested titles.
- Take a mindful nature hike. Keep a journal of all you notice.
- Paint rocks with words of encouragement or cheerful faces and leave them for strangers to discover.
- Volunteer to cook a meal at a shelter. Visit [bit.ly/DGTmeal](http://bit.ly/DGTmeal)
- Share a talent at the local nursing home (play piano, share flowers from your garden, read a book or poem, etc.)
- Buy an extra set of school supplies to donate in your community.
- Collect crayons and color books and stash them in waiting rooms around town (like the dentist office, DMV, school office etc.)
- Share a thank you note with a favorite former teacher.
- Host a neighborhood party, featuring a card-writing campaign (for seniors, kids in the hospital, etc). Visit [bit.ly/DGTparty](http://bit.ly/DGTparty)
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