

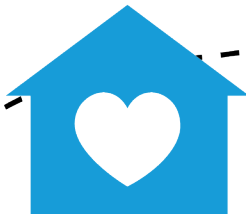
KINDNESS QUEST

COMPLETE AT LEAST ONE ITEM IN EACH CATEGORY TO RECEIVE A PRIZE.



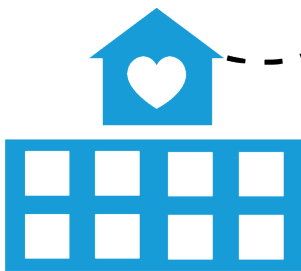
KINDNESS TO MYSELF

1. Read or watch one of the resources listed at provokindness.org/resources.
2. Take the Kindness Pledge at provokindness.org under the Kindness Week tab.
3. Have a "Judgment Free" Day. Assume the best of others and share the positive things you notice with them.
4. Practice self-care by spending at least 20 minutes for yourself. Read a book, get some fresh air, work on a hobby, etc.
5. Go to provokindness.org and read a blog post or watch a Portraits of Provo video. Share what you learned on social media or with a friend/family member.



KINDNESS IN MY HOME

1. Do an act of kindness for someone in your home that will make them happy.
2. Write encouraging notes and leave them around your home.
3. Do a chore for someone else without being asked.
4. Spend one day saying only positive things in your home.
5. Tell someone a favorite memory about them and why it is meaningful.



KINDNESS IN MY WORKPLACE SCHOOL

1. Make a list of 5 things you have in common with someone you disagree with. Think how you can build on your common ground.
2. Play with/ visit with someone that you don't know as well and learn something new about them.
3. Sit with someone new at lunch.
4. Write a note or color a picture for your teacher/ boss.
5. Connect with someone you don't know as well. Ask questions to get to know them better.



KINDNESS IN MY RELATIONSHIPS

1. Give a specific compliment through text or handwritten note.
2. Answer on social media or with a friend/family member: What are the potential benefits you might receive from listening to others with differing beliefs or experiences? What are you willing to do to overcome fears about listening to those with different beliefs or experiences?
3. Write & send a thank you note to someone in your life that helped you through a tough time.
4. Share on social media a kind thing that someone has done for you that impacted you.
5. Connect with someone you have lost touch with; check in to see how they are doing.



KINDNESS IN MY NEIGHBORHOOD

1. Think of someone who needs a lift; heart-attack their house.
2. Grocery shop or run an errand for someone going through a difficult time.
3. Comment on or share a Provo Kindness social media post.
4. Make signs with kindness quotes and display them in your window/yard.
5. Do something for one of your neighbors that you don't know well. Introduce yourself, give them a card with your names and phone numbers, etc.



KINDNESS IN MY COMMUNITY

1. Make Kindness Rocks and leave them in your neighborhood, on a trail, or at one of the city kindness stations for others to find.
2. Praise a local business online: write an official review or share with your social media friends.
3. Do some unplanned spontaneous service: hold the door for people, pick up some trash, put a grocery cart away, etc. (Be on the look-out for ways to serve!)
4. Donate time or resources to support a local community group. (See provokindness.org for ideas.)
5. Write a note/ give a treat to a public service provider: mail carrier, firefighter, police officer, bus driver, delivery person, nurse, teacher, etc.
6. Be kind to your server or cashier: Smile, make eye contact, ask how they're doing.
7. Participate in the Community Conversations event on Thursday night.
8. Discover something new about a different culture. Share one thing on social media that you enjoyed learning.