

One Drop of Kindness

COVID-19 Kindness Activities*

1. **CONNECTING** with Neighbors, Friends, Community Members via technology

A. Use facetime, Google Hangouts, Zoom or Skype (or others) to **check in on, play games with, share a concert, create an art project or record videos** for those who are lonely during isolation.

B. **Call or text the elderly or immune compromised neighbors** before grocery shopping, to see if you can pick up anything at the store or assist them with ordering groceries online.

C. **Coordinate a neighbor "All In's"** - In some communities, neighbors are putting teddy bears in the front window or lights on their houses or all singing/howling at certain times. In our neighborhood, many families are putting homemade decorations in the front window of houses with encouraging statements like –“ We can do this together” or “We will get through this together”. Be creative and share your neighborhood “all in” with us at: jeff@jeffkubiak.com, @jeffreykubiak on Twitter, or Gus the Kindness Kid on [Facebook](#)

2. **ORGANIZING** opportunities for Kindness in our houses and communities

A. Spend time with family members focused on **slowing down and connecting**.

B. Allow children to have **more control over what, when and how they learn**. This is an **opportunity to discover what they are interested in**.

C. Give yourself and those around you a time out, free pass, or do over - daily. It is not easy being together all the time, especially while trying to work, learn, clean, eat, and work out while in each other's space. **Give each family member tickets that say time out, free pass and do over to use when needed**.

D. Make a **Why you are important to me video** for people who are important in your life and send it to them.

E. **Check-in with tradespeople whose jobs may have been affected** due to community

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isolation and help how you can. For example, you could ***coordinate a Facetime/Zoom appointment with your hairstylist, gardener or handyman to get tips on do it yourself techniques.*** This could help provide some much-needed income during this time.

3. VALUING our tireless workers who are asked to continue to work in the community during this time. Thank our nurses, doctors, truck drivers, grocery store workers, construction workers, police, firefighters, and frontline helpers etc.

A. ***Send virtual thank you's.*** Send a thank you to your teacher for creating a new learning environment so quickly. If you know a physician, nurse, fire fighter, EMT'S, grocery store worker, etc. send them a thank you video, share a funny joke or have food delivered to their workplace.

B. ***Donate or raise money*** to help any cause to help fight COVID-19

C. ***Remember*** the businesses that are helping during this time and reward them with your business.

D. ***Volunteer from home*** – A physician's family in our community is making medical face shields ([Team Shield](#)) for health care providers, we have joined them in making shields at home. **Other ideas include online mentoring, joining a phone tree for the elderly, setting up website for a nonprofit, join texting and online platforms for mental health, sew blankets, knit hats, donate to the food banks and more.**

4. IMAGINATION - Find imaginative ways to solve problems. Below are challenges w/ samples of ways you can show kindness. ***We challenge you to come up with your own imaginative solutions to life challenges during Covid-19.***

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Challenge	Imaginative Solution
My parents need to work, and my sibling and I are bored.	<ol style="list-style-type: none"> 1. Read a book to your sibling 2. Make a play with your siblings 3. Create a dance, record it and send it to your family and friends. 4. Decorate your front yard with "all in" posters, showing kindness to your neighbors
The nurses and doctors in my community don't have face masks	<ol style="list-style-type: none"> 1. Start a production line making face shields at home. 2. Make friendship bracelets, sell to friends and family with delivery after isolation and the proceeds go to purchasing supplies.
Everyone in my family is cranky because we are isolated.	<ol style="list-style-type: none"> 1. Design an obstacle course for your family. Each hour, everyone takes a break from working and does the obstacle course.
I am tired of eating at my house	<ol style="list-style-type: none"> 1. Make a restaurant at home 2. Turn a part of your house into an airplane and have dinner and movie in flight. 3. Set-up a moonlight picnic in your backyard.
I am a teenager stuck with my parents, I need to talk with and see my friends	<ol style="list-style-type: none"> 1. Organize a book, makeup, dance, etc. club online. Pick something you are all going to do and then meet once a week to share.

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5. **DETERMINING** to be intentional every day. Sometimes our greatest kindness is taking care of ourselves so we can take care of others. Ideas include:

- A. Prioritize alone time, everyday
- B. Exercise daily
- C. Make a general schedule with lots of room for flexibility
- D. Write your intentions for the next day in a journal before going to bed.
- E. Eat healthy and drink lots of water
- F. If possible get vitamin D from the sun everyday.
- G. Meditate or focus on the present once a day or week depending on time.
- H. Have a dinner question each night that helps your family be grateful. What are you thankful for today? What is your favorite thing about being together every day? What is something you enjoyed learning today?
- I. Let go of all the pressure you are putting on yourself. You are doing your best!
- J. Connect with friends, family, colleagues or work peeps daily via social media apps: Facetime, Google Hangouts, Zoom, Snap, Insta, FB, Voxer etc.