



[Be Kind. Help Your Neighbor](#)

MONDAY CHALLENGE

5 ACTS OF KINDNESS

SEPTEMBER 02.2019

21 Day Kindness Challenge, Inc.



Help an elderly person cross the street or hold the door for a stranger



Give compliments to your friends and family via social media



Every time you go outside, pick up two pieces of litter then toss it in the nearest trash bin



Make a healthy family meal together and bring the leftovers to a neighbor



Put a big smile on your face, and wish every person who crosses your path an authentic and joyful good morning (or afternoon)

Tell Us About Your Monday Challenge!

Post comments on our Blog
www.21daykindnesschallenge.org/blog
Post comments on Social Media using
#iChoose2BeKind

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So do something nice for your neighbor today. What are some awesome thing things YOUR neighbors have done for YOU!. We've created this website to help people explore the many resources that exist ... Amp Up the Kindness in Your Neighborhood. Won't you be a kind neighbor?. I'm so glad she loved it, and I'm glad we got to do something nice for our neighbors and keep the good deeds traveling around our neighborhood.. The note read, "in a country so divided, only good and love can overcome hate. Please enjoy your lunch and pay it forward to help our country move forward.".. They may be elderly, widowed, or without family. Go out of your way to extend them some warm conversation, asking them to share their story and being a good In an effort to improve both your health and the place you live, here's a list of 35 kind acts you could perform for neighbors. Don't be limited by If they have young children, quiet evenings will be very important to them. Similarly, give them information that'll help them be more considerate of your lifestyle. If To love your neighbor is to equally give back out with one hand while receiving ... A man is called selfish not for pursuing his own good, but for neglecting his neighbor's. ... Huddle up with some close friends and come up with ways to help your Help carry in groceries. If you see your neighbor pull up with a car full of groceries, spend five minutes helping them unload. This gesture will go ...

How Neighbors Can Help Each Other Manage Stress. The following are ways that neighbors can affect our lives and be resources for stress The week of Valentine's Day is Random Acts of Kindness Week. ... truck or SUV, during a heavy snow day, drive around town and help get cars out of the snow. ... Give these away to your neighbors and ask them to write a nice message to Ten nice things to do for your neighbor. You might not think that when you help others, you help yourself—but it's true. When people do good Other neighbors would pitch in and help cover costs and bring utensils, tablecloths, etc. We saw all of it as an investment in the neighborhood, and it really This makes good evolutionary sense, as helping kin helps your genes as they exist in the bodies of others. article continues after advertisement.. Offer to help neighbors with chores or home projects. A good way to be kind to your neighbor is to offer them your time and service. If someone who lives close Help Your Neighbor is the social network for social good. Join today, and start building a better community, one connection at a time.. In an effort to improve both your health and the place you live, here's a list of 35 kind acts you could perform for neighbors. Don't be limited by It can also show your kids the power of their actions within your own neighborhood — helping to build community. (Especially in a time when BSF loves our Blue Star Neighbors, especially on National Good Neighbor Day! So today, we're offering you 10 ideas to help you show In support of the month, the Journal-Courier is publishing a daily tip on ways to show kindness, and welcomes others to share their suggestions or ...

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