

#BJEBuildingKindness Challenge

"The highest form of wisdom is kindness." -Talmud Brachot 17a



Send a thank you note to your local hospital	Put a drawing of a rainbow in your window to send kindness to your community	Send a thank you note to an essential worker	Fill in your own act of kindness _____ _____ _____	Write a note/draw a picture for an old age home
Post a thank you note on your trash can to thank the collectors	Fill in your own act of kindness _____ _____ _____	Donate a toy or book you no longer play with/read	Send a letter or picture to a friend you miss	Water plants/flowers in your garden/yard
Help a neighbor water their plants/flower	Write a positive note on the sidewalk with chalk		Send a thank you note to your local hospital	Fill in your own act of kindness _____ _____ _____
Deliver or send a care package to an essential worker	Send a letter or picture to a friend you miss	Fill in your own act of kindness _____ _____ _____	Send a thank you note to an essential worker	Write a positive note on the sidewalk with chalk
Fill in your own act of kindness _____ _____ _____	Wave or say hello to a neighbor	Write a note/draw a picture for an old age home	Leave a bottle of water and packaged snack for your postal worker in the mailbox	Send a thank you note or picture to your teacher

Special thank you to our partner organizations for helping to make the world a better place!

#BJEBuildingKindness resources & information can be accessed on our website:

www.bjela.org/Kindness