Kindness for the World – Pay It Forward

- ☐ **Collect and donate food** to a local food bank or shelter.

- ☐ Drop off thank you notes or small gifts to healthcare workers at a local hospital.

- ☐ **Volunteer** at a soup kitchen, shelter, or community center, helping to serve meals or distribute holiday items.

- ☐ Leave a thank-you or treats to your letter carrier or delivery person.

- ☐ **Send thank you cards or treats to local first responders** like firefighters, police officers, or paramedics

- ☐ **Create & send holiday cards to** residents of nursing homes or assisted living facilities.

- ☐ Collect and donate winter coats, hats, gloves, and scarves to shelters.

- ☐ Buy holiday gifts from local artisans and small businesses.

- ☐ Send care packages or holiday cards to troops stationed overseas.

- ☐ Reduce, reuse and recycle.

- ☐ **Be courteous to services workers,** such as waiters, waitresses and cashiers.

- ☐ **Donate pet food, toys, or blankets to a local animal shelter** to help care for animals during the holiday season.

- ☐ **Pick up litter or help maintain a shared space.**