



This invitation is designed to get your heart looking for ways of spreading joy on a daily basis! Look for ways you can spread joy each and every day. Spreading joy doesn't require money, can be simple and fun for the whole family. The sky is the limit. Let's create a positive impact on our community and build the habit of spreading joy daily!

Donate money or supplies to your favorite charity	Pay for the person behind you in line	Write a note of gratitude to your server next time you leave their tip	Make eye contact and smile to everyone you meet.
Open a door for someone	Let someone in front of you in line	Be a courteous driver	Take a trash bag with gloves on your next walk and help keep the area clean
Make Kindness Rocks and leave them for others to find	Arrange a Zoom Date with a friend you miss	Draw chalk notes of appreciation and encouragement on your neighborhood sidewalks	Call your Grandparents or other family member
Write a letter or draw a card and mail them to people you love	Leave a thank you note or drawing for your mail carrier	Write a note to a parent or other family member letting them know they're doing a great job	Make bookmarks for classmates or stick them inside books at the library
Draw a picture for your Grandparents or another special elder in your life	Arrange a Zoom Date with far away family. You can catch up, "share" special family snacks and enjoy each other's company	Leave bubbles at the park with a note for the finder	Give a genuine thank you, wave or elbow bump to our everyday helpers, like cashiers, mail carriers, bus drivers, teachers and co-workers
Donate food to a food bank (Manna Food Bank locally)	Leave chalk messages on the sidewalk and driveway at your school. Let our teachers and staff know they are appreciated and loved	Make some natural bird feeders out of suet or pinecones	Sponsor a foster family
Write sign with the message 'Hello' or 'Have a good day!' and place it in a backseat window or back dashboard for other drivers to see	Make an elder friend either in your neighborhood or through a nursing home. You can send them notes or small gifts letting them know you care	Leave a \$1 with a note on a toy shelf while shopping	Send postcard of your location to a family member who lives far away
Craft a small gift for someone	Donated old clothes, toys, household or sports goods	Bake (or purchase) treats to share with a neighbor or friend	Write a thank you note for someone
Smile and wave at passing cars	Leave a quarter in a toy or candy machine	Make slime or playdough to give to friend	Adopt a pet
Do something kind for YOU!			