



# 28 VALENTINE KINDNESS ACTIVITIES

## FOR BIG-HEARTED FAMILIES



- Write a poem for a far-away relative.
- Gather with cocoa and write gratitudes on paper hearts, then use them to decorate.
- Leave a thank-you note for your trash collector.
- Leave love notes about the stories in your library books.
- Use these placemats at dinner: [bit.ly/PithyPlacemat](http://bit.ly/PithyPlacemat)
- Tell 3 friends what you love about them.
- Transform something from your recycle bin into a toy or a piece of art.
- Leave a thank you for your mail carrier.
- Write and leave Car Window Poetry: <http://bit.ly/3H5waoi>
- Tape quarters to a vending machine.
- Pay for someone else's popcorn at the movie theater.
- Make a tear-off poster. Post it somewhere public: [bit.ly/3J80ph2](http://bit.ly/3J80ph2)
- Create and send a video thank you for one of your favorite holiday gifts.
- Make a Gratitude-on-the-Go Kit and stash it in a car or backpack: <http://bit.ly/3kAS3o6>
- Bake or buy treats for a neighbor.
- Read a big-hearted book & discuss. [bit.ly/DGTbooks](http://bit.ly/DGTbooks)
- Offer to pick up groceries for a neighbor.
- Hang a homemade birdfeeder. [bit.ly/bhfBirdFeeder](http://bit.ly/bhfBirdFeeder)
- Create art and send to [ColorASmile.org](http://ColorASmile.org).
- Over dinner, ask and answer: Who did you help today? Who helped you?
- Share your smile with 10 people today.
- Fold an origami heart for someone special in your life: <http://bit.ly/3DaEsKB>
- Together, write a kind story. [bit.ly/BHFStoryStarter](http://bit.ly/BHFStoryStarter)
- Talk to someone new; make a new friend.
- Count the items in your fridge & donate that many quarters to a hunger charity.
- Take a walk and pick up litter on the way.
- Go out for cocoa and pay for the person behind you in line.
- Plan your next volunteer opportunity. Find ideas at: [DoingGoodTogether.org/bhf/pick-a-project](http://DoingGoodTogether.org/bhf/pick-a-project).

