



**DOING  
GOOD  
TOGETHER™**

# READY. SET. GIVE!

## 6 Simple Projects for Big-Hearted Beginners

### Offer Creative Comfort

Set up a station to encourage ongoing art for good. Keep craft supplies on hand, and create cheerful, encouraging art for others. Send your work to the addresses below.

#### Color-a-Smile (send drawings)

P O Box 1516  
Morristown, NJ 07962-1516

#### Cards for Hospitalized Kids (send cards)

5567 N. Olmsted  
Chicago, IL 60631



### Be a Neighborhood Steward

Prep a grab-and-go litter rescue kit and adopt a local green space or favorite park.

#### What to pack:

- a drawstring backpack
- disposable bags
- a pair of gardening gloves
- hand sanitizer

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Add the name of a park you intend to adopt.



### Share homemade goodies.

Be ready to share baked goods with those in need of a smile. Ask yourself who in your life may be struggling with illness, grief, or loneliness. Share your treats with them, along with a card or a hug.

#### What to pack:

- a giving plate or container
- your favorite homemade (or bakery-made) goodies
- a cheerful greeting card
- a few minutes to chat after your deliver your treats



### Adopt the Local Food Pantry

Set up a donation box in your kitchen, and make regular donations a habit. Be sure to stock up on high-demand items on sale like cereal, baking staples, canned soups, and hygiene items.

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Add the address to your nearest food pantry.



### Advocate for Your Community

As you discover issues your family is passionate about, share your concerns and expectations with your elected leaders.

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Find contact info for your Senators and Members of Congress here: <http://app.leg.wa.gov/DistrictFinder/>

Add an address and phone number of a leader you would like to contact often.



### Practice 180s Together.

Practice perspective-taking and strengthen empathy muscles by routinely asking your child to step into the shoes of someone they noticed during the day. For example:

#### Talk about how it might feel to

- be the child who is being bullied
- the person on the corner with a sign asking for money
- the person battling illness in the hospital
- a substitute teacher who is being harassed by students



**Our family is excited to spend time making a difference together because**

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