

# cincynanny kindness week

Choose your 'leaf level' acts of kindness! Hashtag #cincynanny so we can follow & share!

**WATCH THE LEAVES FALL** - tasks are easy, less effort, most will have the supplies on hand

**RAKE THE LEAVES** - medium effort, not too time-consuming, might have some of the supplies

**JUMP IN THE PILE** - more effort and time consuming, most likely will have to buy supplies

**5 Minutes of Gratitude**  
Come together for 5 min each day and talk about your day.

**Happy Mail**  
Write and mail cards to family or friends

**Help Someone**  
Do something helpful for your sibling, nanny, or parent without being asked

**Surprise Mail**  
Write and mail letters to someone in a nursing home.

**Give It Away**  
Go through your toys and room and find some old things to donate

**Nice Note**  
On a note card, write all the things you love about your siblings, nanny, or parent

**Help the Earth**  
Make a recycling or compost bin & learn how to be kind to our earth by recycling & composting

**Rocks To Find**  
Paint rocks with kind words and hide them at a park for others to find.

**Lunch Love**  
Pack lunch for your parents and leave a kind note inside

**Speak It Out**  
Be kind and affirming with your words. Tell someone out loud how you appreciate them.

**Teach 'Em**  
Teach someone something that you know!

**Mail A Hug**  
Trace your body, arms stretched out giving a "hug" and send it in the mail.

**Baked Surprise**  
Bake cookies for friends and drop them off on front porches.

**Teacher Appreciation**  
Make a gift or card for your teacher.

**Inspire With Art**  
Draw inspirational sidewalk chalk pictures down your sidewalk or driveway.

**Good Morning!**  
Go on a walk and say "good morning" to the people that you pass.

**A Good Cause**  
Collect pop tabs from aluminum cans to donate to the Ronald McDonald House.

**Litter Magnet**  
Collect litter in your neighborhood.

**Helping Hands**  
Get the mail, bring in the garbage, or grab the newspaper for a neighbor.

**Window Words**  
Hang a sign in your window or door with a kind message!

**Packed with Care**  
Make a care package for your classroom, nurse or school office

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## book list

*Books are a great way to engage children and start conversation about acts in kindness.*

### **ONLY ONE YOU**

Author: Linda Kranz

### **YOU BE MOMMY**

Author: Karla Clark

### **HAVE YOU FILLED A BUCKET TODAY?**

Author: Carol McCloud

### **WE ALL SING WITH THE SAME VOICE**

Authors: J. Phillip Miller and Sheppard M. Greene

### **ENEMY PIE**

Author: Derek Munson

### **STRICTLY NO ELEPHANTS**

Author: Lisa Mantchev

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