

Kindness Challenge 2018



Kindness is scientifically proven to increase energy, make you feel happier, lower your blood pressure, and it might help you live longer. It can also reduce pain, stress, anxiety, and depression. Plus, kindness is contagious! The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.”

The challenge: Show kindness every day Nov 13 - 17! Each day represents a different group/individual. Do something kind that day and write down what you did. Need some ideas? Check out our list of suggestions on page 2.

The reward: Besides feeling good about yourself and the health benefits listed above? Well, if you complete the challenge, the Manatee YourChoice team, MCG Human Resources, County Administration, and the County Commissioners will *match your kindness* by collectively donating canned goods to the Food Bank of Manatee. If 300 people participate, that's 300 cans to show kindness to our community in a meaningful and practical way!

| Tuesday, Nov 13 | Wednesday, Nov 14 | Thursday, Nov 15 | Friday, Nov 16 | Saturday, Nov 17 |
|---------------------------|-------------------------------|--------------------------|-------------------------------|----------------------------|
| WORLD KINDNESS DAY | CO-WORKER KINDNESS DAY | SELF KINDNESS DAY | COMMUNITY KINDNESS DAY | FAMILY KINDNESS DAY |
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Participant Name

Participant Signature

Date

Submit your completed form to mpolese@manateeyourchoice.com by Wednesday, November 21st.
Or, drop it off with your Wellness Champion or Insurance Coordinator or at the YourChoice Fitness Center.

Kindness Challenge Ideas

Tuesday, Nov 13

WORLD KINDNESS DAY

- Pick up litter and throw it away
- Write a letter to military/veteran
- Recycle your bottles
- Bring your lunch in a reusable container
- Register for a 5K that supports a good cause
- Ride your bike or walk to work to save the ozone
- Plant a tree
- Simply listen to someone you disagree with
- Donate your long hair to be made into a wig for those with cancer (locks of love)
- Spend time volunteering at a local charity

Wednesday, Nov 14

CO-WORKER KINDNESS DAY

- Offer a compliment
- Leave a thank you note (card, post-it note, etc.)
- Take a coworker to lunch or buy them coffee
- High five a coworker
- Help coworker with a project you are not assigned to
- Ask a coworker to take a walk with you
- Encourage a coworker to go to the Fitness Center or another gym with you
- Give your coworker your undivided attention, ie: put your phone down
- Help clean up a mess that you didn't create
- Find out something new about a coworker
- Bring in a healthy snack for your team

Thursday, Nov 15

SELF KINDNESS DAY

- Write down your favorite moment of today
- Disconnect from devices
- Take a walk
- Listen to music you love
- Read a book
- Get a massage
- Meditate for 5 minutes
- Take a yoga or meditation class
- Snuggle with your pet
- Listen to your children laugh
- Write 3 things you are AWESOME at
- Start learning a new skill
- Take a bubble bath
- Participate in an activity that you love

Friday, Nov 16

COMMUNITY KINDNESS DAY

- Participate in Fitsgiving (donating cans to FC to enter)
- Donate time or money to a local charity
- Support a Local Business
- Offer to pay for the car behind you in the drive through
- Smile at a stranger
- Visit a Nursing Home
- Let someone ahead of you in line
- Do a favor for someone without the expectation of return
- Ask to pet a stranger's dog
- Leave a generous tip
- Leave a positive message somewhere unexpected
- Practice kindness while driving

Saturday, Nov 17

FAMILY & FRIENDS KINDNESS DAY

- Call your parents/children/grandparents just to say hi
- Offer to babysit a friend's child for free
- Send a care package to someone who's away from home
- Tell your best friend or partner why you love them
- As a family or with friends...
 - Go to a pet shelter and play with the puppies and kittens, donate supplies
 - Donate a few hours to a charity or cause
 - Donate new or gently used toys to Toys for Tots or Goodwill
 - Clean up litter at the beach
- Leave a kind note of appreciation
- Sit down for a family meal and have an actual conversation