

# NATIVE

## connections

### FAMILY CHALLENGE

## WEEK FOUR

# RANDOM ACTS OF KINDNESS

This week, we challenge your family to collect as many “good deed” Popsicle sticks as you can. Every time you and your family perform a random act of kindness, or good deed, write it on a Popsicle stick. Hand in your good deed Popsicle sticks, along with some photos by the deadline and family who completes the most random acts of kindness wins that week’s prize!

Submit your form on January 31st to [LKoniak@senecahealth.org](mailto:LKoniak@senecahealth.org) or [ARovito@senecahealth.org](mailto:ARovito@senecahealth.org)

## NEED SOME IDEAS? CHECK OUT THESE RANDOM ACTS OF KINDNESS!

- Make a new friend**
- Help someone with their homework**
- Help with the laundry**
- Read to kids at the library**
- Prepare a meal for your family**
- Leave your server a generous tip**
- Babysit for free**
- Donate clothes that don't fit you anymore**
- Let someone go in front of you in line**
- Send a care package to someone in need**

- Donate some of your old toys**
- Compliment someone**
- Spend time with an elder**
- Clean up trash outside**
- Volunteer for an organization**
- Send a letter to someone**
- Shovel someone's driveway**
- Play with your younger siblings**
- Pack your parents lunch**
- Host a fundraiser**