

15 DAY MAKING MEANING CHALLENGE

MAKE TODAY MEANINGFUL? CHOOSE! AN ACT OF KINDNESS TO DO!

Share technology skills and ideas with people who need help

Ask a parent if there is something you can help them with

Tell a friend why they are awesome.

Say "Good morning" to a parent or sibling

Help make lunch or dinner

Help clean up a mess you didn't make

Help a sibling or friend with their schoolwork

Call a family member you haven't spoken to in a while

Take a video of yourself or send an email thanking a teacher

Move the laundry from the washer to the dryer or fold laundry

Smile at a family member to cheer them up

Help with the dishes or help put away the dishes

Collect some loose change and set it aside for tzedakah

Hide a friendly note for a sibling or parent to find

Make a card or write a note to an elderly neighbor

Draw a picture or write a letter to a grandparent