



POLK CITY UNITED METHODIST CHURCH OCTOBER ACTS OF KINDNESS

During the month of October, let's demonstrate love and kindness throughout our community and circles of influence! The challenge is to complete at least one act of kindness each day.

Below you'll find ideas - some that may cost you a few dollars, others that will only cost you a few minutes of your time. Use these ideas or come up with your own! Encourage others to join in the challenge by sharing on social media - use the hashtags **#polkcitiumc** and **#lovelikejesus!** When appropriate, leave a Kindness Tag!

<input type="checkbox"/> Make a list of 30 people and pray for one each day	<input type="checkbox"/> Carry some \$5 coffee shop gift cards to hand out to others	<input type="checkbox"/> Surprise a neighbor with freshly baked – or bought – treats	<input type="checkbox"/> Take a walk in your neighborhood and pray for each house
<input type="checkbox"/> Give a 'thank you' treat to your mail carrier, delivery person and/or sanitation worker	<input type="checkbox"/> Rake or mow someone else's yard	<input type="checkbox"/> Send a 'Thank You' card and/or treats to the local police or fire department	<input type="checkbox"/> Donate toys or craft supplies to Blank Children's hospital
<input type="checkbox"/> Chalk a sidewalk with positive messages	<input type="checkbox"/> Donate items for UMCOR Flood Cleaning Buckets (items listed on polkcitiumc.org)	<input type="checkbox"/> Send encouraging texts, emails or cards to 5 people who are struggling	<input type="checkbox"/> Help someone put groceries in their car
<input type="checkbox"/> Leave a kind server the biggest tip you can afford	<input type="checkbox"/> Host a social gathering of neighbors or others who need connection for (in-person or virtual)	<input type="checkbox"/> Give a gift card or treat to a drive-thru employee or store cashier – or just tell them they're awesome	<input type="checkbox"/> Donate coats to the UMW coat drive and/or new or gently worn clothing to a clothing pantry
<input type="checkbox"/> Email or write a teacher, school administration or school board member to thank them for their work	<input type="checkbox"/> Buy coffee, tea or food for the person in line behind you at a drive-thru	<input type="checkbox"/> Attach a sticky note message of inspiration on a car mirror or windshield	<input type="checkbox"/> Make a set of Kindness bags to keep in your car to give to anyone in need (instructions at polkcitiumc.org)
<input type="checkbox"/> Make & deliver dinner for someone else	<input type="checkbox"/> Host a clean-up party at a park or other community space	<input type="checkbox"/> Donate \$30 or 30 lbs. of food to NP Comet Cupboard or DMARC food pantry	<input type="checkbox"/> Say hello to your neighbors by name (you may have to learn their name!)
<input type="checkbox"/> Send a care package to a soldier or college student away from home	<input type="checkbox"/> Take 'thank you' treats to staff at a healthcare clinic or nursing home	<input type="checkbox"/> Compliment the first 3 people you talk to today	<input type="checkbox"/> Boost a local small business by leaving a great review on Google, Yelp, or Facebook