IDEA BANK

With every act of kindness you and your club members do, <u>remember to hand out KINdness cards or stickers</u>.
Encourage others to pay it forward on social media: **#KINdness #PassItOn**

NO COST KINDNESS IDEAS

Give blood!
Sign up to hold a one-match stem cell swab clinic for donors in need through blood.ca, it's easy to do!
Put sticky notes with positive slogans on the mirrors in restrooms.
Shovel your neighbour's driveway.
Help organize an adoption day with a local animal shelter.
Clean up graffiti.
Pump gas for someone.
Pick up trash at a park or roadway.
Send a "Thank You" to your local police, fire and paramedic services.
Help cook and/or serve a meal at a shelter.
Register as an organ donor (process varies by Province).
Provide free childcare to allow parents to have a night out.
Play board games or visit with residents at a nursing home.
Pack groceries for people.

LOW COST KINDESS IDEAS

Give hot drinks to road workers.
Deliver personal care items to a shelter.
Put money in candy machines at malls or an expired meter, or pay hospital parking balances.
Drop off pet food at an animal shelter.
Give food or a gift card to someone in need.
Bring Tim Hortons' cards to your community First Responders (paramedics, firefighters, police).

DID YOU PUT NATIONAL DAY OF KINDNESS IN YOUR CLUB BUDGET?

Leave a loonie, toonie or five dollar bill in a public place for someone to find.

Host a free dinner for members of your community. Invite those who need a meal, some company or both.

Bring flowers to a local hospital or seniors' residence.
Ask staff to distribute them to patients who need them the most.

Give care packs to people in need. There are so many everyday accessories and toiletries we take for granted.

FOR MORE INFORMATION

You can visit our national website at **kincanada.ca/national-day-of-kindness**
or contact Christine Stahl at **cstahl@kincanada.ca**