



# #BEKIND21

**GROW KIND, CARING CHILDREN WITH BIG HEARTS THIS SEPTEMBER!  
REMEMBER: IT TAKES 21 DAYS TO FORM A NEW HABIT.**

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>Hug a family member</b> Give a big hug like Dora hugs Abuela!	<b>Be a Helper</b> Use "clues" to help someone solve a problem like Blue!	<b>Share the Yum</b> Be like Butterbean and make a sweet snack for a friend.	<b>Be Kind to Yourself</b> Practice Peppa's calm down strategy: Count down from 10, while taking deep breaths.
<b>Share a Song!</b> Sing for a friend like Molly from the Bubble Guppies! Guitar is optional!	<b>Help Animals!</b> Help your pet or other animals, just like Diego cares for jungle animals!	<b>Be Kind to Seniors</b> Hang out with a grandparent or older family member like JoJo & Gran Gran.	<b>Like Nobody Else</b> Team Umizoomi is great at using math to solve problems. What makes YOU unique? Share it!	<b>Self &amp; Share</b> Learn about a song, dance, or food from your culture ... and share it with a friend!	<b>Help the Planet</b> Turn out lights, save water, or create a home recycling program to be kind to the Earth!	<b>Try Kindness Stories</b> Read or watch stories focused on kindness like the Kinderwood friends. What do you notice?
<b>Give a Compliment</b> Tell a friend something kind — why you love their artwork, their big ideas, or their style!	<b>Be a Teacher</b> Teach your sibling something new like Peppa teaches George.	<b>Practice Empathy</b> Ask a friend how they're feeling ... and really listen to their answer!	<b>Find a Cause</b> What's important to you: environment, education, hunger...? Talk as a family about how you can help.	<b>Collaborate</b> Work together with a friend to solve a problem like the PAW Patrol Pups!	<b>Bring a Smile!</b> Tell a joke or share a funny picture to make someone smile!	<b>Be Kind at Home</b> Think of a new way to help at home — clearing the table, putting away toys, sorting laundry, etc.
<b>Be an Upstander</b> Stand up for someone else. Say, "That's not fair" if you notice someone being treated unfairly.	<b>Adventure Together</b> Bring a friend along on an adventure like Dora & Boots.	<b>Wear Others' Shoes</b> Ask yourself, "How would I feel if I were them?" Then do something to show you care!				

Join Big Heart World and our friends at the Clinton Foundation's Too Small To Fail in creating a kinder, braver world this September! Learn more and join Born This Way Foundation's #BeKind21 campaign by pledging to do an act of kindness every day for 21 days this month: <https://bornthisway.foundation/bekind21>

