



#BEKIND21



JOIN US AND THE BORN THIS WAY FOUNDATION TO 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
<p>Give a Gift! Make a card, gift, or sing for a friend like Molly from the Bubble Guppies!</p>	<p>Help Animal Friends! Play ball with a pet or get it a bowl of water, just like Diego cares for jungle animals!</p>	<p>Be Kind to our "Grands" Spend time with a grandparent or other senior like JoJo & Gran Gran.</p>	<p>Super YOU What makes YOU like nobody else? How can you use your superpower to help others?</p>	<p>Family Hug Give a big hug to a family member like Dora hugs Abuela!</p>	<p>Share the Yum Mix up something yummy together like JoJo & Gran Gran.</p>	<p>Be Kind to Yourself Practice Peppa Pig's calm down strategy: Count down from 10, while taking deep breaths.</p>
<p>Share Your Knowledge Teach a friend or sibling something new like Peppa teaches George.</p>	<p>Say Thank You! Notice the kind things others do and show that you're grateful!</p>	<p>Practice Empathy Ask someone how they're feeling. Have you ever felt that way?</p>	<p>Read Kindness Read a picture book focused on friendship. What reminds you of real life? What do you learn?</p>	<p>Be Kind at Home Ask your grown-ups to give you clues so you can find some new ways to help at home!</p>	<p>Use Your Ears! Take time to pause and listen. What are other people thinking & feeling?</p>	<p>Help the Earth Find ways to recycle and help the planet, just like Rocky of the PAW Patrol!</p>
<p>Adventure Together Invite a friend along on an adventure like Dora & Boots.</p>	<p>Be an Upstander Stand up for someone else. Say, "That's not right" if you notice someone being treated unfairly.</p>	<p>Make a Friend Talk to someone different from you. Learn about them and see what you have in common!</p>	<p>Be a Helper Help in your community like the Kinderkids help out at their school!</p>	<p>Plant a Seed Take care of a seed or bean with water and sunshine! Watch it grow!</p>	<p>Bring a Smile! Tell a joke or share a silly selfie to make someone smile!</p>	<p>Make Lemonade Make a lemonade & cookie stand and donate what you earn to a cause that matters to you!</p>



Join Big Heart World 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>