



# Homeschool Playbook

8 fun DGT activities  
for families to do at home





# Spark Warmth Bingo

Simple Acts of Kindness to Spark Bonfires of Compassion

1. Circle each act of kindness as you complete it.
2. When you have 5 circles in a row, column or diagonally, celebrate your BINGO!

<p><b>Discuss:</b> What was the last thing you shared? How did it make you (and the recipient) feel?</p>	<p>Pick up trash around your neighborhood or at a nearby park.</p>	<p>Share _____. Fill in the blank and share together. (i.e. hugs, compliments, brownies, etc.)</p>	<p>Watch a movie as a family. Imagine how the story might be different if the characters made different choices.</p>	<p>Make a list of people who make life better for your family. Can you reach out and thank any of them?</p>
<p>Share a treat and/or a thank-you note with your mail carrier or delivery person.</p>	<p>Reach out to _____. Fill in the blank. Who could use a smile? What can you do to cheer them up?</p>	<p><b>Discuss:</b> Who did you help today? Who helped you?</p>	<p>Bring flowers to someone you know who is having a tough day.</p>	<p>Call a relative and share a joke or story that will make them smile.</p>
<p><b>Discuss:</b> How can you use your unique skills to brighten someone's day?</p>	<p>Start collecting coins for a cause in a jar or can. After a week (or a month), make your donation together.</p>		<p>Make a poster or banner featuring your answers to the following prompt: Kindness is _____.</p>	<p><b>Discuss:</b> If you could make the world better in one way, what would it be?</p>
<p>Get curious! Ask your child to fill in the blank, then research the answer: I wonder _____.</p>	<p>Create and send a video "thank you" for a gift you appreciate.</p>	<p>Donate gently-used toys and books you no longer use.</p>	<p><b>Discuss:</b> If you had to get rid of every possession you didn't actually need except one, what would you keep?</p>	<p>Leave art in your neighborhood. (Sidewalk chalk drawings, painted stones, colorful origami)</p>
<p>Share a sincere compliment with three different people.</p>	<p>Share a "helping" coupon book with someone.</p>	<p>Read a book and talk about how the characters feel throughout the story.</p>	<p>Leave a book (or several) in a Little Free Library.</p>	<p>Make a new friend! Reach out to new neighbors to set up a trip to the park or other chance to play together.</p>



# DIY Kindness Cards

## for Community Acts of Kindness

- Print, decorate, and cut apart your 8 Kindness Cards & 4 Checklists
- Gather them in a sandwich bag or a 3x5 library card pocket.
- Leave one behind any time you perform acts of anonymous kindness.

### Neighborhood Kindness

- Write a compliment on your card. Leave it for a neighbor to find.
- Leave an encouraging note in chalk in your neighborhood.
- Create a bouquet of wildflowers and leave them on a neighbor's doorstep.

### Kindness for Community Helpers

Bake a sweet treat, create a wildflower bouquet, or write a thank you note with your kindness card for:

- your mail carrier,
- your garbage truck driver,
- your librarian, and
- any others you want to celebrate.

### Bookish Kindness

- Write/draw a book recommendation on the back of your card and leave it in your favorite library book.
- Leave a copy of your favorite book - along with a card - in a hospital's waiting room.
- Stock a half-filled Little Free Library with books you've outgrown.

### Road Trip Kindness

- Pay for the person behind you in the drive-through.
- Draw a picture or write an inspiring quote to leave on a parked car's window.
- Leave quarters at a vending machine.
- Thank your server on the back of a kindness card and leave a nice tip or small gift.

May this  
**Small Act of Kindness**  
brighten your day!

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# DIY Kindness Cards

for Community Acts of Kindness

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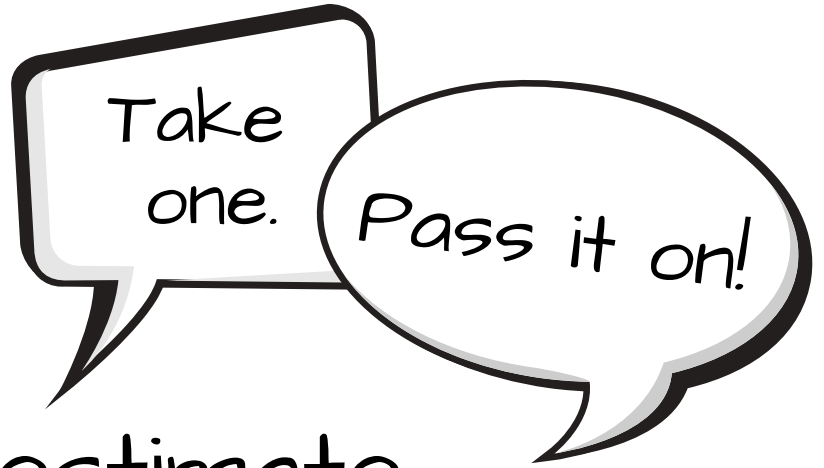
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Never underestimate  
the power of a random

# COMPLIMENT

*Add compliments, make it colorful and post in a public space!* [DoingGoodTogether.org](http://DoingGoodTogether.org)

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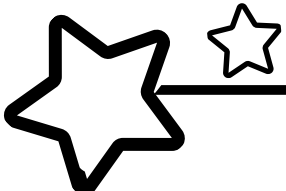
Eight vertical dotted lines for writing compliments.



# Our Giving Bag



Color this page and attach it to a brown paper bag or box in your home. Whenever you go to the grocery store, pick out one or two extra items to place in your Giving Bag. When your bag is full, your family can take it to the local food shelf. Ask if you can have a tour! To locate a food shelf near you, visit [foodpantries.org](http://foodpantries.org).



**Our Family's Local Food Shelf:**

**Address:**

**Donation Drop Off Hours:**

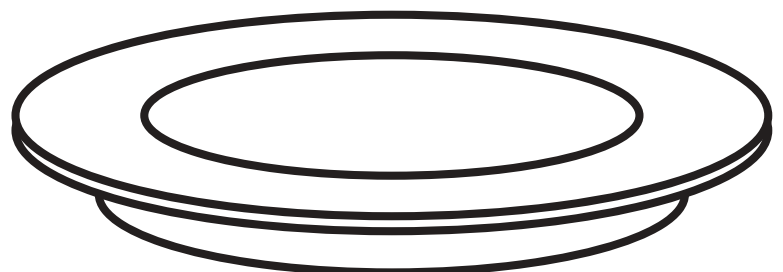
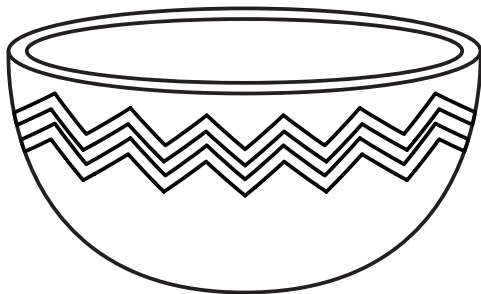
## Most Wanted Items:

- canned soups and stews
- canned meat and tuna
- peanut butter
- fruit juice boxes
- canned fruit packed in juice
- canned vegetables
- low-sugar cereals
- \_\_\_\_\_
- \_\_\_\_\_



If you could make a meal to feed everyone who struggles with hunger, what would you share with them? Draw or write your answer on the empty dishes below.

\*Are you a gardener? Ask your food shelf if they accept fresh garden produce.





# Grocery Store Scavenger Hunt

For Food Pantry Favorites


 **Canned Soups & Stews**

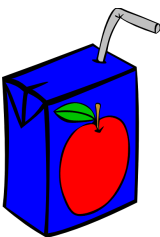
 **Canned Fruit Packed in Juice**


 **Canned Vegetables**

 **Canned Meat & Tuna**


 **Low Sugar Cereal**

 **Peanut Butter or Soy Butter**

 **Juice Boxes**

 **Coffee, Cocoa, or Tea**

 **Crackers & Kid Snacks**

 **Laundry Soap & Dish Soap**

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Create a Giving Jar

## Collect coins for hunger

### Instructions

- If your family enjoys crafts, create a giving cup, bowl or box. Alternatively, find a special bowl.
- Place the giving cup or bowl at your table for the month to remind you to spark warmth for others, in particular those who go without nutritious food each day.
- Along with the cup or bowl, print out the hunger calendar and post it somewhere visible.
- Read through the prompts on the hunger calendar. Write in your own ideas in the blank spaces.
- Every day, count something in your home according to the prompt on your calendar. Put a coin in the cup or bowl for each item counted. (If you don't have coins on hand, substitute beans, paper clips, or some other small object to represent the coins.) At the end of 30 days, your family will donate the money you collected to your local food shelf, either by drop off or via an online donation form.



### Reflect Together

- What do we want to add to our hunger calendar? What else could we count?
- Why is it important to share our money with others?
- Beyond money, how can we support our local food shelf?
- How do you feel about sharing your money with those in need? Is it hard to think about giving away your money? Is there something you can do to remind yourself of the value of a new giving tradition?

### Watch or Read

Maddi's Fridge by Lois Brandt - available from Storyline Online in both [English](#) & [Spanish](#)

DGT picture booklists: [Hunger, Poverty & Homelessness](#)

DGT chapter booklists: [Hunger, Poverty & Homelessness in America](#)



# Hunger Calendar

<b>1</b> Count how many pairs of shoes you have in your closet.	<b>2</b> Count how many times you eat today (meals & snacks).	<b>3</b> Count how many items are on your top refrigerator shelf.	<b>4</b> Count how many boxes of cereal (or breakfast bars) you have.	<b>5</b> Count how many spoons are in your silverware drawer.
<b>6</b>	<b>7</b> Count how many pairs of pants you have.	<b>8</b> Count how many rooms you have in your home.	<b>9</b> Count how many shelves of food you have in your home.	<b>10</b> Count how many minutes you bathe or shower each week.
<b>11</b> Count how many stuffed animals you own.	<b>12</b>	<b>13</b> Count how many pieces of candy you have in your home.	<b>14</b> Count how many cans of food you have in your home.	<b>15</b> Count how many pieces of fruit are in your home.
<b>16</b> Count how many food items are in your refrigerator door.	<b>17</b> Count how many shirts you have.	<b>18</b>	<b>19</b> Count how many times you throw food away in a week.	<b>20</b> Count how many closets are in your home.
<b>21</b> Count how many books you have in your bedroom.	<b>22</b> Count how many drawers are in your home.	<b>23</b> Count how many pairs of socks are in your drawer.	<b>24</b>	<b>25</b> Count how many loads of laundry your family does each week.
<b>26</b> Count how many months or years you've lived in your home.	<b>27</b> Count how many coats you have.	<b>28</b> Count how many games you own.	<b>29</b> Count the number of times you go grocery shopping each month.	<b>30</b>
<b>31</b> Count how many faucets are in your home.				

# Gratitude-to-Go Kit

Create a kit for gratitude on the go

## What You'll Need

- Blank cards or [DGT's printable thank you cards](#)
- Candy (melt-resistant works best in the summer!)
- Stickers
- Crayons, markers, pens



## Instructions

- Assemble a kit for your car, your child's back pack, your handbag, etc. [Instructional video available on YouTube.](#)
- When you notice something you appreciate, write and deliver a thank you note to the person made you feel grateful.

## Reflect Together

- Why is it so easy to forget the many things we are grateful for when we discover something new that we desperately want?
- How can we remind ourselves to be satisfied with the good things already in our lives?

## Read Together

DGT picture booklists: [Gratitude](#)

DGT chapter booklists: [Mindfulness & Gratitude](#)

# DGT™ FAMILY VOLUNTEER LISTINGS

Sign up today to have family-friendly volunteer opportunities sent to your inbox monthly!\*

\*available in 10 cities nationwide

Sample  
Volunteer  
Opportunity

## "What Sustains Us" A Community Walk in Crown Heights for Families

Repair the World

**Date/Time:** Sunday May 2, 1 - 2:30pm

**Location:** We will begin together in Brower Park

**Ages:** Families with children age five and older are welcome to participate

**Time Commitment:** One and one-half hours

Join Repair the World for a community walk where we learn about and serve alongside food justice leaders in our neighborhood. We'll see where to gain access to free food and have a chance to visit a community fridge and a community garden in the neighborhood. Our highlighted stop will be Repair the World's workshop, where we will celebrate our new public art installment, "What Sustains Us" created by artist Hillel Smith.

**Contact:** [hannah.grossman@werepair.org](mailto:hannah.grossman@werepair.org). Registration is [available online](#).  
[werepair.org](http://werepair.org)

LEARN MORE ABOUT HELPING  
THOSE EXPERIENCING HUNGER



Learn More & Download Free  
Volunteer Reflection Guides

[https://www.doinggoodtogether.org/  
volunteer-together-local](https://www.doinggoodtogether.org/volunteer-together-local)

# BECOME A MEMBER!

## Empower kind kids to build a better world!

Become a member and we'll help you start big-hearted traditions and routines that invite purpose, hope, and connection into your everyday life.



### For just \$48/year you'll receive:

- **A Welcome Packet** to get started!
- **Weekly Inspiration** and compassion-building activities in your in-box.
- **Exclusive Downloads** to advocate for justice, fight bullying, and more!
- **Expert Advice** from the kindness experts at DGT.
- **Year-Long Motivation** with our unique Do Good Dozen Challenge!

Thank you all for being so inspiring - your weekly reminders are so helpful and give me that extra "nudge" each time I read them!

- Shana E.

I deeply appreciate the practical and tangible tips you give for rearing children to lead lives of compassion and kindness. Thank you for the time, energy, and thought you all clearly put into this important work.

- Victoria