



(Almost) No-Prep Kindness Quests

Got a minute? Do good, together! →



1. Create drawings for Color-a-Smile.

Mail 8-1/2" x 11" drawings to
Color-a-Smile
P O Box 1516,
Morristown, NJ 07962-1516

Every month they distribute thousands of drawings to senior citizens, our troops overseas, and anyone in need of a smile.
colorasmile.org

2. Decorate greeting cards for sick kids.

Mail handmade cards to
Cards for Hospitalized Kids
6567 N. Olmsted
Chicago, IL 60631

Consider messages like:
Stay strong
I hope you have a great day today
Never forget how amazing YOU are
I believe in YOU
cardsforhospitalizedkids.com

3. Pick up litter in your neighborhood.

Keep gardening gloves and plastic bags on hand. Next time you take a stroll, clean up as you go!

4. Deliver food donations to your local pantry.

Decorate a box or paper bag and commit to adding an item or two every time you shop. Visit the Feeding America Food Bank Locator to find a food shelf near you.
<http://feedingamerica.org/foodbank-results.aspx>

Address & Phone Number for your nearest food bank:

Stock up on high demand items on sale: canned meats & soups, peanut butter, pasta, canned fruits & veggies, cereal, baking staples, baby food, diapers, & personal hygiene items.

5. Share homemade goodies.

Baking? Double your recipe and share with a sick or lonely neighbor.

6. Write letters to your leaders.

As you discover issues your family cares about, contact your elected leadership with your concerns. Find contact info for your Senators and Members of Congress here:
<http://app.leg.wa.gov/DistrictFinder/> Write them below for future reference:



Don't forget to reflect together. Ask "Who did we help?" "What difference did we make?" "What might we do differently next time?" "What else can we do?"