

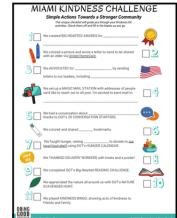


HOW TO USE YOUR DGT™ Miami Kitchen Table Kindness Kits

Each piece in this kit will help you and your family start ripples of kindness. No need to do them all at once! Enjoy the projects over the days and weeks ahead. Do your best work. Be creative. And have fun doing good!

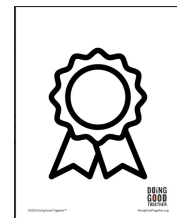
KINDNESS CHALLENGE CHECKLIST

This unique checklist will guide you through your eleven Kindness Kit activities. Post this somewhere prominent in your home so you can fill in the blanks and check each box as you go.



GIVE BIG-HEARTED AWARDS

Celebrate anyone in your life you admire by decorating a big-hearted award for them! Also consider sharing them with health care providers, first responders, and grocery store clerks. Share it in your window and via The Children's Trust social media: <https://bit.ly/3qxbBrF>



Further project instructions on the DGT site: bit.ly/2TSZ2sD

LOVE FOR ELDERERS

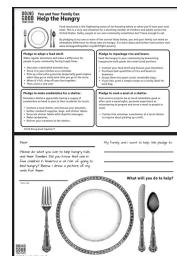
Color the coloring page and compose a letter - using the template as a guide - to be sent to an elder living at **United HomeCare**. Be sure to include the name and age of the child sending the coloring page and letter! Send the completed coloring page and/or letter to United HomeCare, Attn: Dolores Pollack, 8400 N.W. 33rd Street, Miami, FL 33122



ADVOCATE

Print and complete the advocacy sheets to have your voice heard about issues like hunger and the environment. Share them with your representatives (www.congress.gov/members).

Learn more about advocacy and civic engagement by downloading our Active Citizenship ebook at bit.ly/3b4spOy.



SEND MAGIC BY MAIL

Use cardstock (or any other papers you have on hand) to decorate personal cards. Think about sending your creations to hospitalized children, our troops overseas – and anyone you know who could use a note of love or gratitude. bit.ly/3b3oQI2



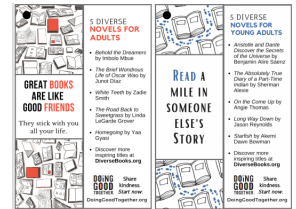
HAVE A CONVERSATION

Our 29 conversation starters will inspire discussions on kindness, empathy, generosity and social justice. Or have your kids sharpen their literacy skills by writing out their answers to their favorite questions – and then sharing them with everyone at dinner. bit.ly/3d0Wlrb



READ & SHARE DIVERSE BOOKS

Color these Celebrate Diverse Books! Bookmarks. Share them by tucking them in a book you return to the library, mail one to a friend or share one in your closest [Little Free Library](https://www.littlefreelibrary.org/).



FIGHT HUNGER

Place an empty bowl at your table to remind you of those who go without nutritious food each day. Every day, count something in your home according to the prompt on your calendar. Put a coin in the 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.) As a family, brainstorm a counting prompt for the blank spaces. At the end of 30 days, donate the money you collected to a hunger relief organization or your local food shelf. Find your local food shelf here:

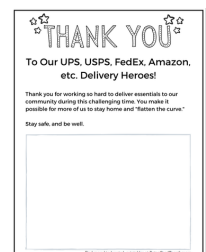
<https://www.foodpantries.org/ci/fl-miami>



Further project instructions on the DGT site: bit.ly/2U9ybr6

SHOW GRATITUDE TO DELIVERY WORKERS

Set up a station to greet delivery workers at your front door with treats and a thank you. <https://bit.ly/2VDoj0k>



COMPLETE BIG-HEARTED READING CHALLENGE

Share books that reflect your deepest values. Complete our Big-Hearted Reading Challenge. Then, check out our extensive book lists at doinggoodtogether.org/bhf/read-together.



And take a look at our conversation cards to turn every book into a lesson in empathy. bit.ly/2WjePCI

MIAMI KINDNESS CHALLENGE

Simple Actions To Build a Strong Community

This unique checklist will guide you through your Kindness Kit activities. Check them off and fill in the blanks as you go.

1 We created BIG-HEARTED AWARDS for _____



We colored a picture and wrote a letter to send to be shared with an elder via United HomeCare.

2

3 We ADVOCATED for _____ by sending letters to our leaders, including _____



We set up a MAGIC MAIL STATION with addresses of people we'd like to reach out to all year. I'm excited to send mail to _____

4

5 We had a conversation about _____ thanks to DGT's 29 CONVERSATION STARTERS.



We colored and shared _____ bookmarks.

6

7 We fought hunger, raising _____ to donate to our local food shelf using DGT's HUNGER CALENDAR.



We THANKED DELIVERY WORKERS with treats and a poster!

8

9 We read _____ books from DGT's Big-Hearted READING CHALLENGE.

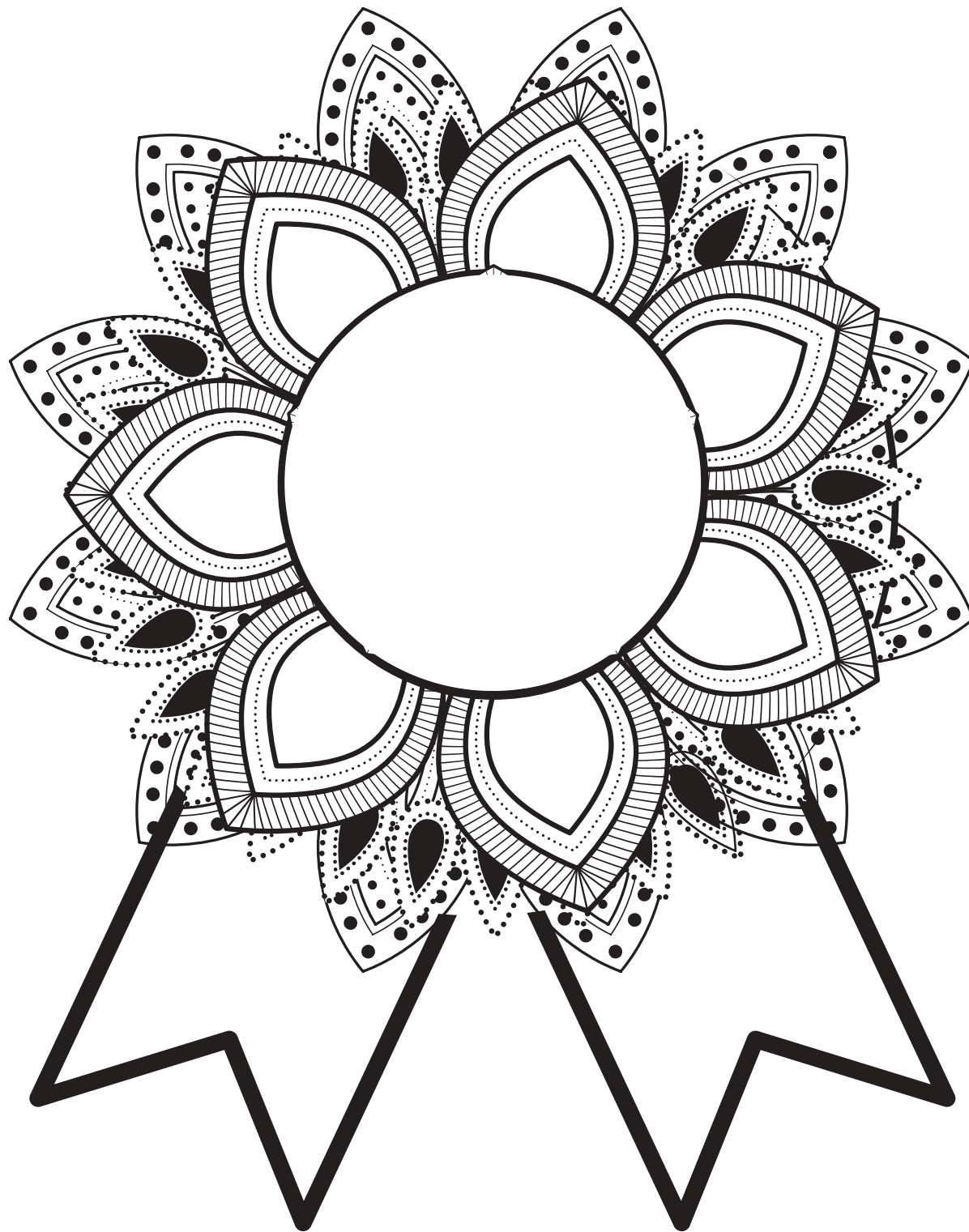


We appreciated the nature all around us with DGT's NATURE SCAVENGER HUNT.

10

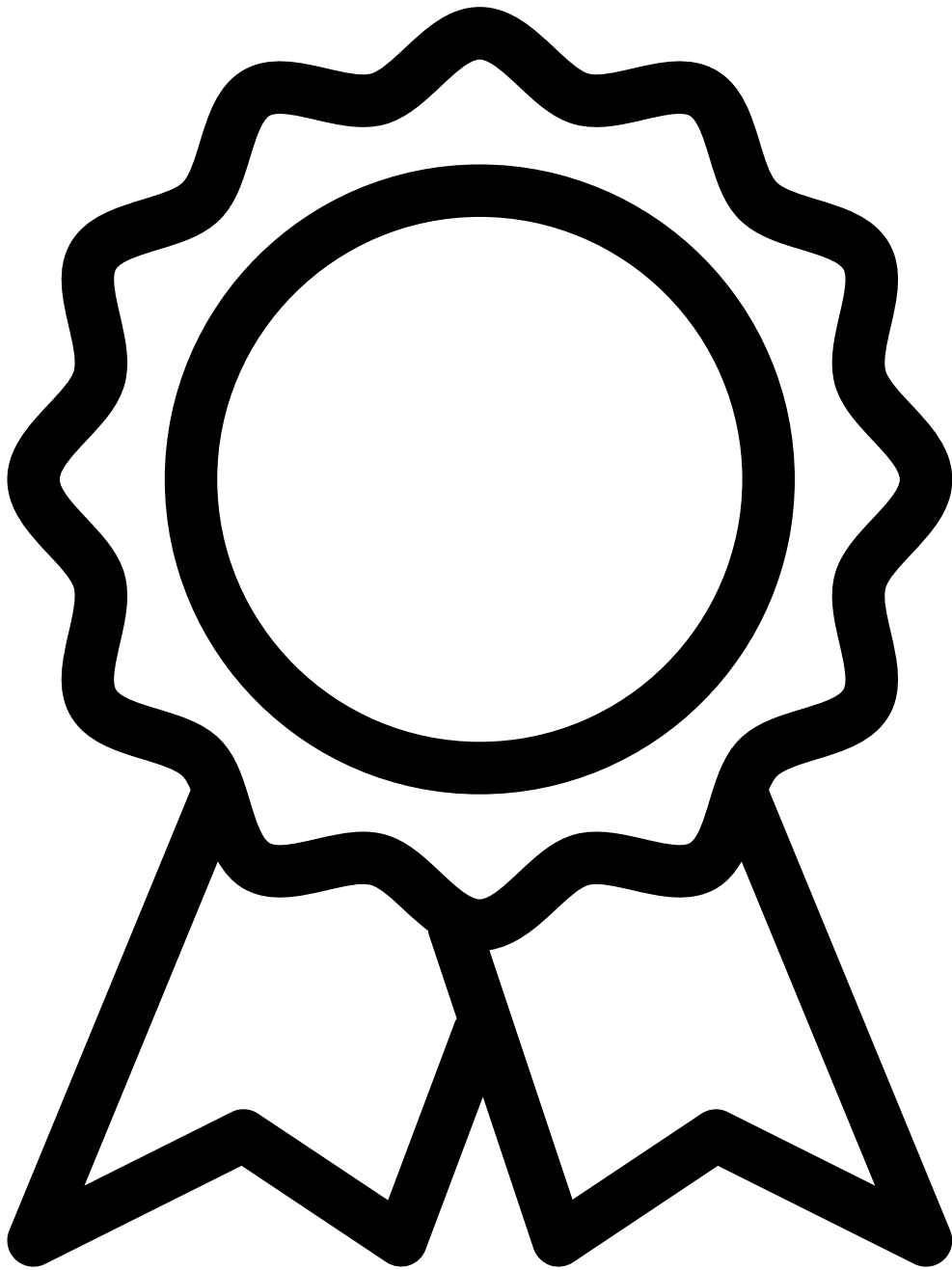
11

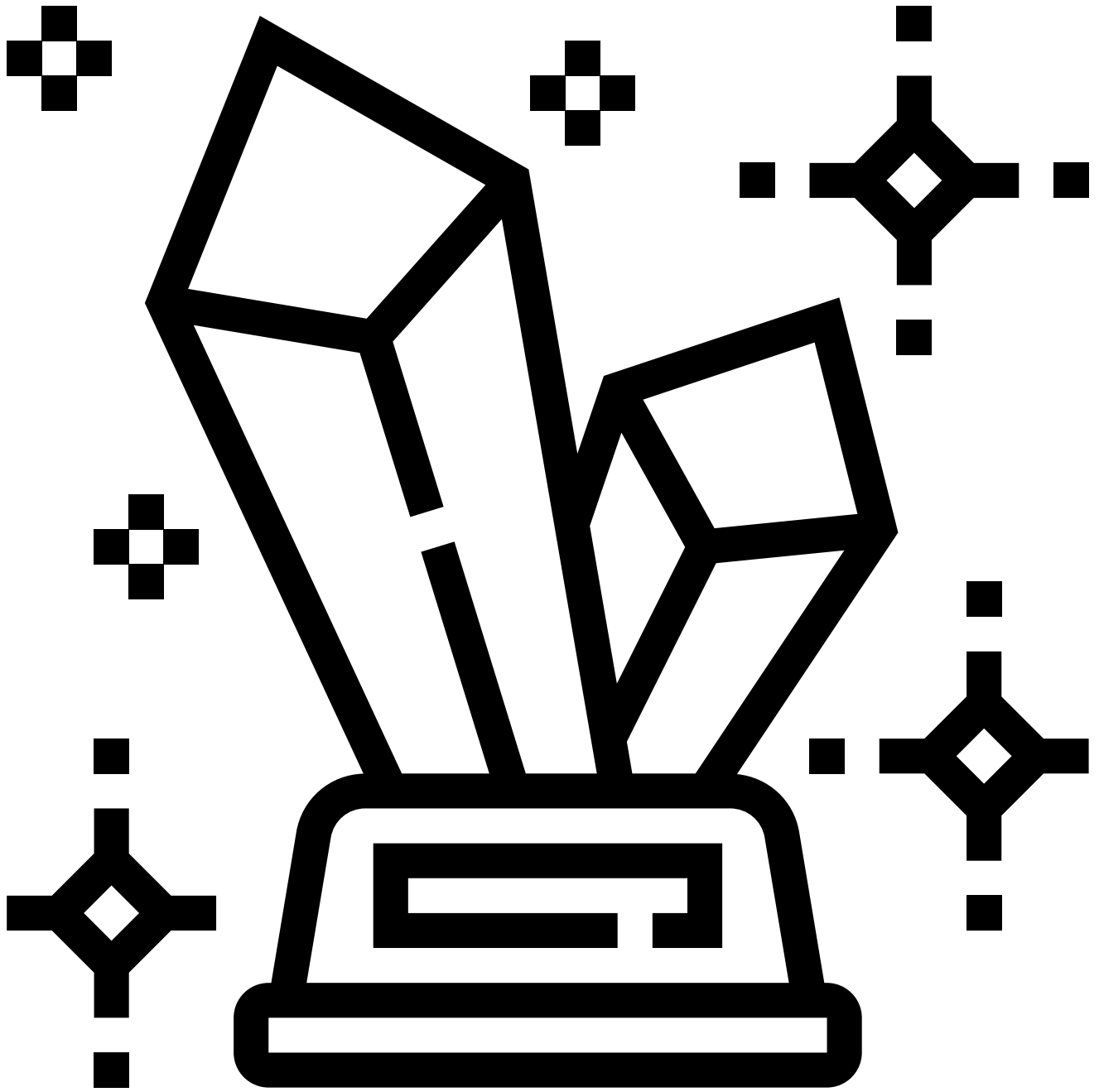
We played KINDNESS BINGO, showing acts of kindness to friends and family.



DOING
GOOD
TOGETHER.™





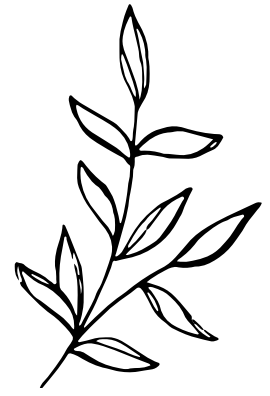


DOING
GOOD
TOGETHER™

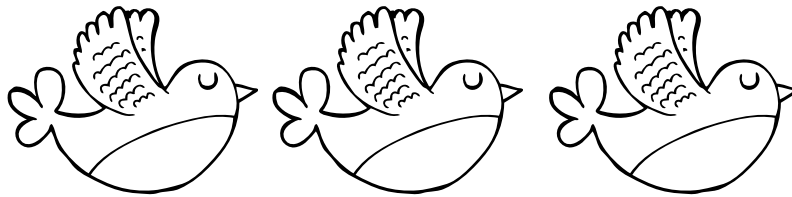


"KEEP YOUR FACE
ALWAYS TOWARD
THE SUNSHINE AND
SHADOWS WILL
FALL BEHIND YOU."
- WALT WHITMAN

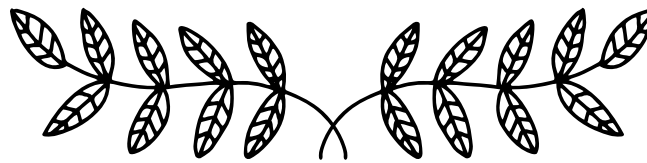
HELLO!



I'm writing this letter to wish you _____
and _____. I hope you are feeling
_____ and _____.

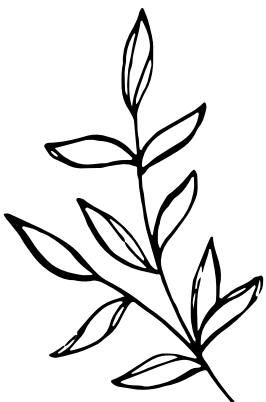
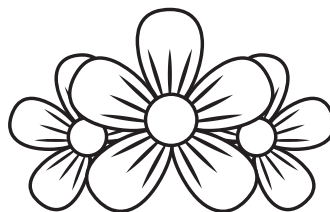


I love this time of year. Do you? Three things I can still enjoy during
the _____ season are _____,
_____, and _____.



My grown ups tell me it is important to stay positive and pay
attention to the good things in our lives. Today, I'm grateful for
_____ and _____.

I hope you have a chance to enjoy the things you are most grateful
for today!



Take care and _____

Name, Age

You and Your Family Can Speak Up for Sustainability



Now is the perfect time to remind our elected officials that returning to business as usual would be a wasted opportunity. By investing in clean energy, low carbon technologies, and offering incentives for sustainable practices across our communities, we can emerge from the pandemic better equipped to battle climate change.

- **PLEDGE** to try one or more of the service ideas below to start making an immediate difference.
- **REACH OUT** to your legislator with the attached template or with a letter of your own.

Pledge to clean up a green space near you.

Picking up litter is a fun, simple, free activity that can have instant results for your community.

- Assign gloves and a trash bag to each family member.
- Clear out litter from a nearby section of park, beach, or nearby green space. Be sure adults handle dangerous items and supervise children closely.
- Properly dispose of all litter.

Pledge to become a citizen scientist.

iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society. With their simple app and a green space to safely explore, you can support biodiversity science.

- Visit [iNaturalist.org](https://www.inaturalist.org) and register to get started.
- Record your observations of plants, animals, fungi, insects, even tracks!
- Join the [iNaturalist City Challenge](#) every Earth Day.

Pledge to reduce waste with an upcycled craft.

Turning trash into treasure is a simple, creative way to practice sustainability. The list below will help your family celebrate Earth Day everyday.

- Visit [We Are Teachers](#) and try one of their [34 Earth Day Crafts and Activities Using Recycled Materials](#)

Pledge to reduce the waste you create.

To protect green spaces in your community and natural resources worldwide, your family can adopt as many zero-waste habits as possible. The site [Going Zero Waste](#) offers a fun, kid-friendly 31 day challenge to get your family started.

- Visit www.goingzerowaste.com/31-day-challenge-for-kids/

Dear _____

Please do what you can to help protect, restore, and maintain earth's valuable resources even as we battle this pandemic. We know that rebuilding our economy and growing jobs are a priority. We hope you strive for sustainable and innovative solutions that protect Earth's resources in the weeks and months to come. We recognize this is a challenging time full of complicated problems. Thank you for your service.

Please enjoy this poster I have created to celebrate nature in our community.

My family and I want to help. We pledge to:

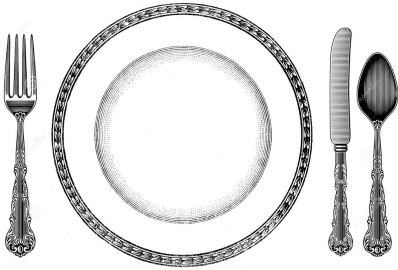
What will you do to help?

Name, Age





You and Your Family Can Help the Hungry



Food insecurity is the frightening sense of not knowing where or when you'll have your next meal. This is a very real situation for a shocking number of children and adults across the United States. Sadly, people in our own community sometimes don't have enough to eat.

By pledging to try one or more of the service ideas below, you and your family can make an immediate difference for those who are hungry. For more ideas and further instructions visit www.doinggoodtogether.org/bhf/fight-poverty

Pledge to adopt a food shelf.

Make regular donations and make a difference for people in your community facing tough times.

- Decorate a dedicated donation box.
- Store it in your kitchen as a reminder.
- Pick up a few extra groceries (especially good staples when they go on sale) each time you go to the store.
- When it's full, drop off your box together.
- Then, start a new one!

Pledge to repackage rice and beans.

Feed the hungry in your community by downsizing inexpensive bulk goods into meal-sized portions.

- Contact your food shelf and discuss your donations.
- Purchase bulk quantities of rice and beans to downsize.
- Scoop them into quart-sized, resealable bags.
- If you like, print a simple recipe on a sticky label for each bag.

Pledge to make sandwiches for a shelter.

Homeless shelters appreciate having a supply of sandwiches on hand to give to their residents for lunch.

- Contact a local shelter and discuss your donation.
- Gather sandwich supplies, bags, and sticker labels.
- Decorate sticker labels with cheerful messages.
- Make sandwiches.
- Deliver your creations to the shelter.

Pledge to cook a meal at a shelter.

Few service projects do as much immediate good or offer such a meaningful, personal experience as volunteering to prepare and serve a meal to people in need.

- Contact the volunteer coordinator at a local shelter to inquire about picking up a shift.

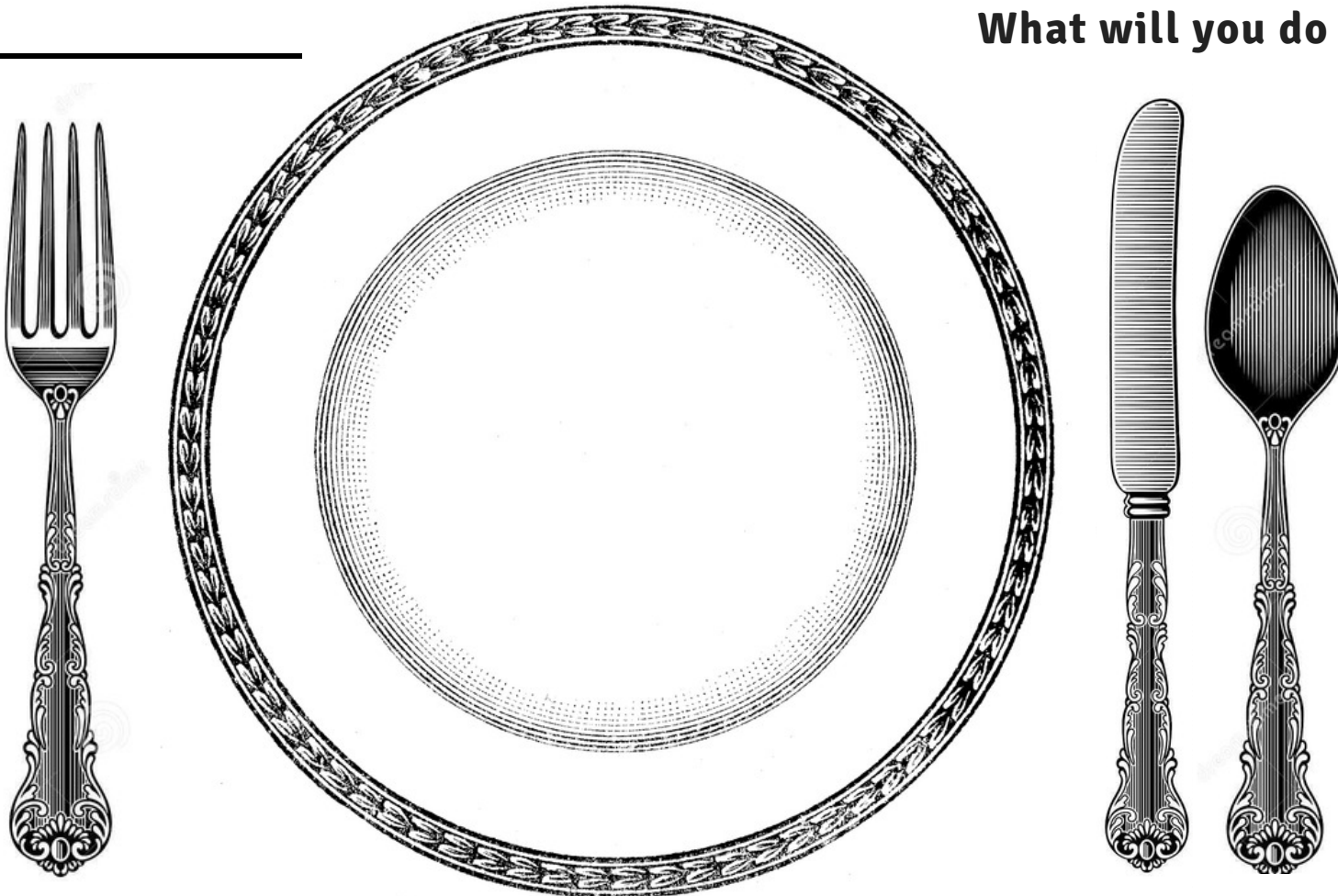
Dear _____

My family and I want to help. We pledge to:

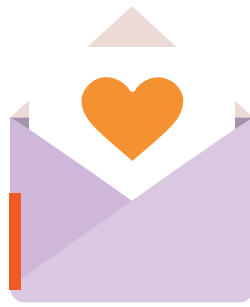
Please do what you can to help hungry kids and their families. Did you know that one in five children in America is at risk of going to bed hungry? Below, I drew a picture of my wish for them:

Name, Age

What will you do to help?



Addresses for your Magic Mail



A good letter
is a little bit of magic.
Such a small act of kindness can
make someone feel so special.

Create drawings for Color-a-Smile.

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

Decorate greeting cards for sick kids.

Cards for Hospitalized Kids
6567 N. Olmsted
Chicago, IL 60631

Consider messages like:

I hope you have a great day today
Never forget how amazing YOU are
I believe in YOU cardsforhospitalizedkids.com

Write letters to soldiers.

A Million Thanks
17853 Santiago Blvd.
#107-355
Villa Park, CA 92861

Send thanks and encouragement directly to active service members and veterans. amillionthanks.org

Send a birthday card to someone experiencing homelessness.

Miami Rescue Mission
Attn: Lian Navarro
2010 NW 1 Ave.
Miami, FL 33127

Write "Happy Birthday" and consider additional messages like:

I hope you have a great day today!
Wishing you a fantastic year! miamirescuemission.com

Send mail to a friend or family member who may be lonely.

Color a picture and write a letter to bring cheer to a senior.

United HomeCare
Attn: Dolores Pollack
8400 N.W. 33rd Street
Miami, FL 33122

Send encouraging thoughts and a cheerful drawing or coloring page to show love for the elderly! unitedhomecare.com



Get creative with your magic mail. Send stickers, special art or poems with your cards and letters.

29 Big-Hearted Questions

for meaningful family conversations.

- Did you get a chance to help anyone today?
- Did anyone help you today?
- Did you notice anyone struggling today? What happened?
- How do you think (your classmate) felt when (something happened)?
- Why do you think it's important that friends, teachers, and students help each other during the school day?
- Is there anything you wish you had done differently?
- What does it mean to have courage? Have you ever had to be brave?
- What would life be like if (someone specific, a friend in the car pool, a neighbor, a story from school) didn't help you out today?
- Can you think of a helpful thing you wish you had done today?
- Can you think of one act of kindness you would like to share tomorrow?
- Are you feeling sorry about anything that happened today? (Admitting mistakes shows kids that no one is perfect, and opens the way for them to share meaningful apologies).
- Today I heard about (something) on the news. I wonder how that experience would have felt? I wonder how we can help?
- How do you make yourself feel better when you feel frustrated or angry at school? What about bored or tired? Excited?
- Do you think your teacher ever feels frustrated, tired, or angry at school? How do you think s/he copes with those feelings?
- Can you imagine being a teacher at your school? A bus driver? A recess monitor? How do you think you would feel doing those jobs?
- Did you learn anything confusing today? Maybe I can help make sense of it.
- If you could set the lesson plan for tomorrow, what would you want to learn?
- What are you proud of today?
- What's the best thing about being a girl (or boy)? What's the hardest thing?
- Can you name something you love or think is special about our family today?
- What is one thing you are grateful for today?
- What is one thing you hope to do better tomorrow?
- Are there any new kids at school? How could we make them feel welcome?
- If you won a grand prize of \$1,000, how would you spend it?
- If you won \$1,000 and could not spend it on yourself or your family, how would you spend it?
- If you could only keep one toy, what would it be?
- If you could only keep one toy, to whom would you give the rest?
- If you could change one thing in the world, what would you change?
- Do you know anyone in school who has trouble making friends? How could you help?

Celebrating Diverse Books!

Bibliophiles everywhere will enjoy this crafty, big-hearted celebration of stories. Simply decorate cheerful bookmarks and use them to bring smiles and diverse book recommendations to those in your community.

Potential Recipients

- Leave bookmarks in your favorite library books when you return them.
- Leave bookmarks in Little Free Libraries.
- Give bookmarks to anyone! Teachers, librarians, folks in nursing homes, friends, neighbors, family members. Anyone!

What You'll Need

- Markers, crayons, or colored pencils
- Print outs of bookmarks or your own paper
- Ribbon, packing tape or contact paper (optional)



What to Do

- Decorate your bookmarks or use your own paper. Be creative!
- Cut around the outside of the bookmarks (leaving the front and back adjoined).
- Fold in half (so the front and back face outward).
- Seal with packing tape or contact paper.
- Use a hole punch where indicated and add yarn or ribbon.
- Read (and discuss) the recommended books.
- Share your creations!

Wonder Together: How will people feel when they receive your bookmarks?



5 DIVERSE NOVELS FOR ADULTS

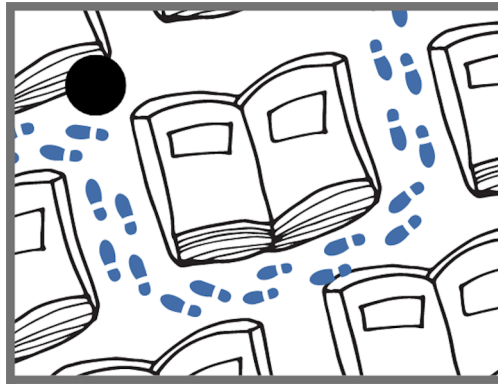
- *Behold the Dreamers* by Imbolo Mbue
- *The Brief Wondrous Life of Oscar Wao* by Junot Díaz
- *White Teeth* by Zadie Smith
- *The Road Back to Sweetgrass* by Linda LeGarde Grover
- *Homegoing* by Yaa Gyasi
- Discover more inspiring titles at DiverseBooks.org

**DOING
GOOD
TOGETHER.** Share kindness.
Start now.

DoingGoodTogether.org

GREAT BOOKS ARE LIKE GOOD FRIENDS

They stick with you
all your life.



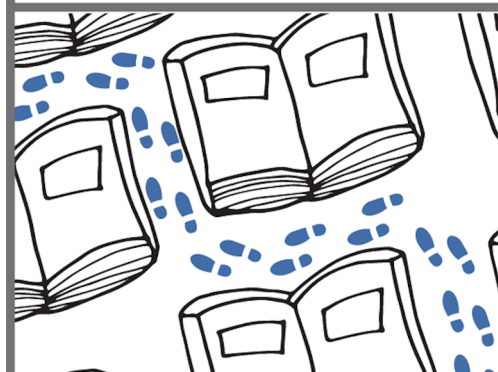
READ A MILE IN SOMEONE ELSE'S STORY

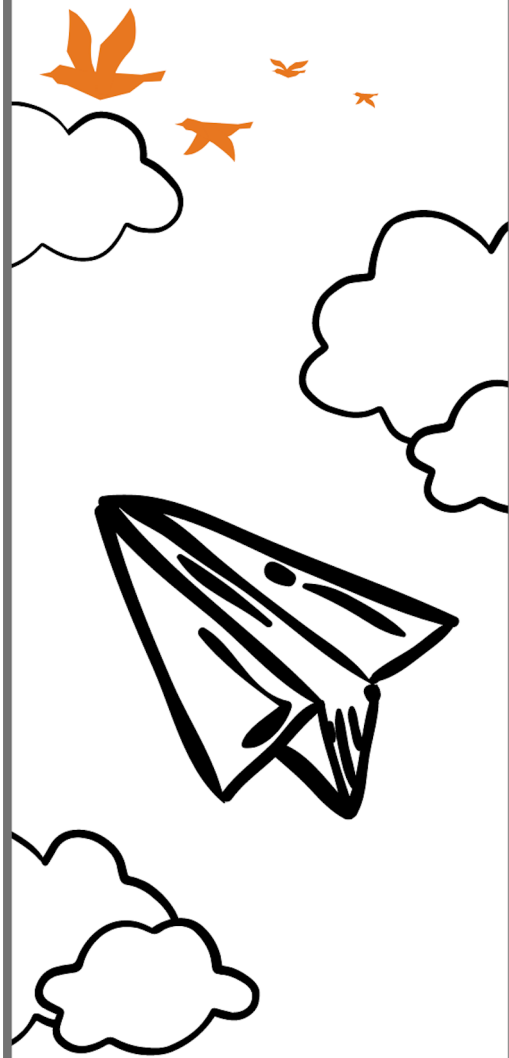
5 DIVERSE NOVELS FOR YOUNG ADULTS

- *Aristotle and Dante Discover the Secrets of the Universe* by Benjamin Alire Sáenz
- *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie
- *On the Come Up* by Angie Thomas
- *Long Way Down* by Jason Reynolds
- *Starfish* by Akemi Dawn Bowman
- Discover more inspiring titles at DiverseBooks.org

**DOING
GOOD
TOGETHER.** Share kindness.
Start now.

DoingGoodTogether.org





5 DIVERSE NOVELS FOR MIDDLE GRADE READERS

- *Apple in the Middle* by Dawn Quigley
- *The Epic Fail of Arturo Zamora* by Pablo Cartaya
- *As Brave as You* by Jason Reynolds
- *Blackbird Fly* by Erin Entrada Kelly
- *The Grand Plan to Fix Everything* by Uma Krishnaswami
- Discover more inspiring titles at ColoursOfUs.com

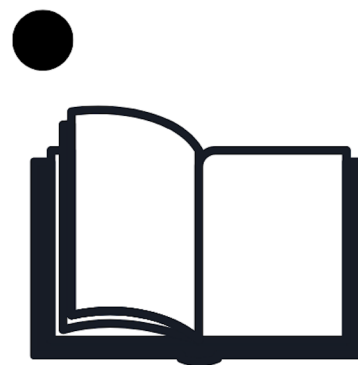


Share
kindness.
Start now.

DoingGoodTogether.org

**Every Book
is an
Adventure**

Expand your world.



**READ
WITH ME AND
TOGETHER
WE CAN
CHANGE
THE
WORLD**



5 DIVERSE PICTURE BOOKS

- *You Matter* by Christian Robinson
- *The Day You Begin* by Jacqueline Woodson
- *Dreamers* by Yuyi Morales
- *Jabari Jumps* by Gaia Cornwall
- *Jingle Dancer* by Cynthia Leitich Smith, Cornelius Van Wright, and Ying-Hwa Hu
- Discover more inspiring titles at EmbraceRace.org



Share
kindness.
Start now.

DoingGoodTogether.org

Hunger Calendar

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

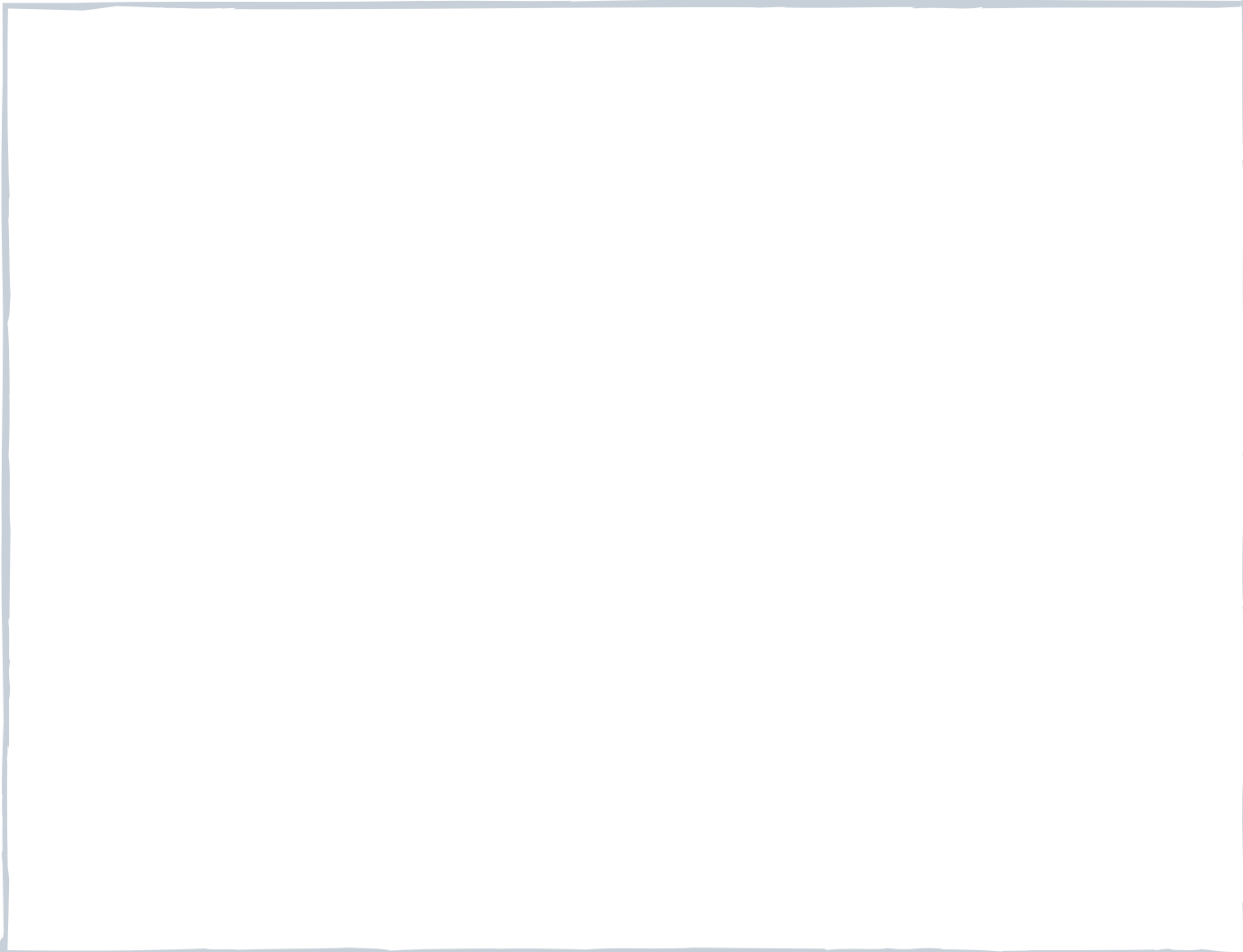
The words "THANK YOU" are written in a large, dotted, uppercase font. The letters are outlined with a dotted pattern, making them suitable for coloring. There are five stars of varying sizes scattered around the text: two to the left of "THANK" and three to the right of "YOU".

THANK YOU

To Our UPS, USPS, FedEx, Amazon, etc. Delivery Heroes!

Thank you for working so hard to deliver packages
to our home!

Stay safe, and be well.





Big-Hearted Reading Challenge

Kickstart a habit of thoughtful reading with this 12-Week Reading Challenge for families.



**Week 1:
Stone Soup by
Jon J Muth**

How does sharing and giving change a community?



**Week 5:
Peace is an Offering by
Annette LeBox**

What can we do to make our world more peaceful?



**Week 9:
The Day You Begin by
Jacqueline Woodson**

What traits make you special or unique? How can you celebrate these traits?



**Week 2:
Have You Filled a Bucket
Today? by Carol McCloud**

How can you spot an empty bucket? And what can you do to fill it up?



**Week 6:
The Big Umbrella by
June Bates**

Let's brainstorm ways we can be welcoming to new people.



**Week 10:
The Three Questions by
Jon J. Muth**

How do you know who and when to help?



**Week 3:
What Can a Citizen Do? by
Dave Eggers**

How is our family practicing good citizenship? What more can we do?



**Week 7:
The Quiltmaker's Gift by
Jeff Brumbeau**

How does it feel to give? How does it feel to receive?



**Week 11:
The Invisible Boy by
Tracy Ludwig**

Do you ever feel lonely or left out? What can you do to feel better?



**Week 4:
I Walk with Vanessa: A Story
about a Simple Kindness**

What does courage look like? Can you think of a time when you stood up for someone else?



**Week 8:
Maddi's Fridge by
Lois Brandt**

What should we do if we find out that a friend is hungry?



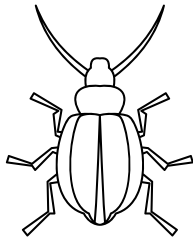
**Week 12:
Thank You Letter by
Jane Cabrera**

How can we share our gratitude with others?

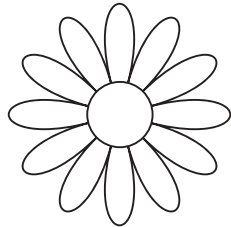
NATURE SCAVENGER HUNT

HOW MANY TREASURES CAN YOU FIND?

Directions: As you discover each item, color in the picture or draw/write what you found in the box. Feel free to take photos of your discoveries, but leave these treasures where you found them so others may enjoy them too.



BUG



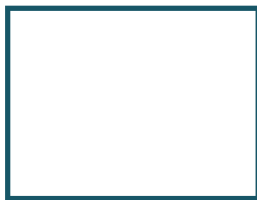
FLOWER



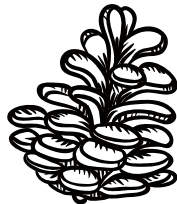
SOMETHING
SURPRISING



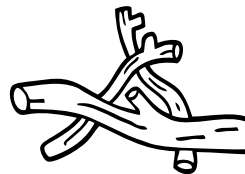
NEST



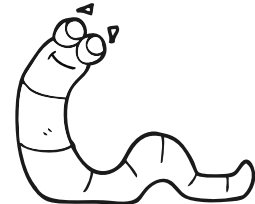
ANIMAL
TRACKS



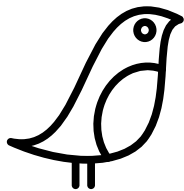
PINECONE



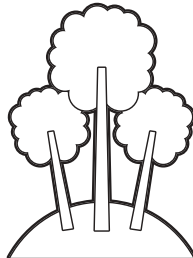
FALLEN BRANCH



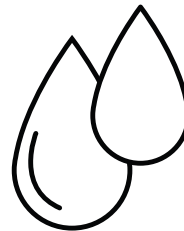
WORM



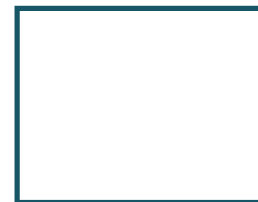
BIRD



THREE DIFFERENT
KINDS OF TREES



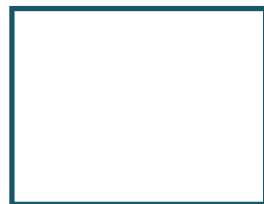
WATER



SOMETHING
COLORFUL



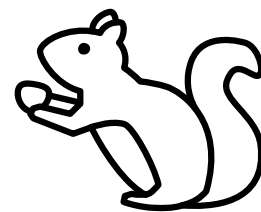
SEED



SOMETHING
BEAUTIFUL

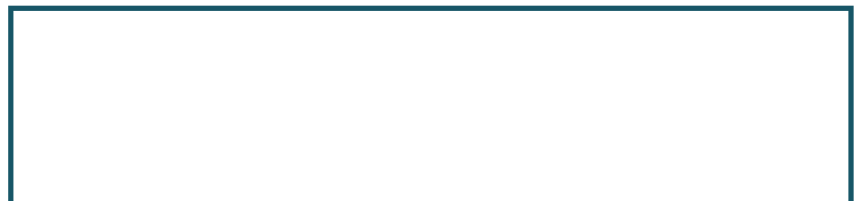


THREE DIFFERENT
KINDS OF ROCKS



SQUIRREL

What else did you find? Write or draw an item you found interesting that wasn't on this list:





Kindness B-I-N-G-O

Simple Acts of Kindness to Family & Friends

1. Fill blank spaces with your own ideas to share kindness with family and friends.
2. Circle each act of kindness as you complete it.
3. When you have 5 circles in a row, column or diagonally, celebrate your BINGO!

<p>Discuss: Who do you reach out to for help when you feel lonely or scared?</p>	<p>Share a thoughtful card or gift with a friend.</p>		<p>Ask a family member what they would like to do. Do it together without interruption for at least 30 minutes.</p>	<p>Discuss: Read a picture book together. Discuss how the main character feels during the conflict.</p>
<p>Share a phone call and warm greetings with a faraway relative.</p>		<p>Discuss: Make a thorough list of people who make life better for your family. What surprises you about this list?</p>	<p>Discuss: How could our family volunteer together in the next month or so?</p>	
	<p>Offer to help someone in your family with a task without being asked.</p>			<p>Write or draw a compliment or love note for a family member and hide it for them to find.</p>
	<p>Share a snack plate you put together for someone in your family.</p>	<p>Build or Create a gift for a family member.</p>		<p>Discuss: What was the last thing you shared? How did it make you (and the recipient) feel?</p>
<p>Discuss: Make a list of things your family likes to do together. Can you add kindness to any of them?</p>		<p>Discuss: How do we know if someone around us needs help or support? What are the clues?</p>	<p>Create a "helping" coupon book to share with someone in your family.</p>	<p>Write or draw yourself a kind note today.</p>