Choose your ‘leaf level’ acts of kindness! Hashtag #cincynanny so we can follow & share!

WATCH THE LEAVES FALL - tasks are easy, less effort, most will have the supplies on hand
RAKE THE LEAVES - medium effort, not too time-consuming, might have some of the supplies
JUMP IN THE PILE - more effort and time consuming, most likely will have to buy supplies

5 Minutes of Gratitude
Come together for 5 min each day and talk about your day.

Happy Mail
Write and mail cards to family or friends

Give It Away
Go through your toys and room and find some old things to donate

Nice Note
On a note card, write all the things you love about your sibling, nanny, or parent without being asked

Help Someone
Do something helpful for your sibling, nanny, or parent without being asked

Help the Earth
Make a recycling or compost bin & learn how to be kind to our earth by recycling & composting

Surprise Mail
Write and mail letters to someone in a nursing home

Rake The Leaves
Pack lunch for your parents and leave a kind note inside

Lunch Love
Trace your body, arms stretched out giving a “hug” and send it in the mail.

Mail A Hug
Paint rocks with kind words and hide them at a park for others to find.

Rocks To Find
Bake cookies for friends and drop them off on front porches.

Baked Surprise
Bake cookies for friends and drop them off on front porches.

Speak It Out
Be kind and affirming with your words. Tell someone out loud how you appreciate them.

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Teach 'Em
Teach someone something that you know!

Teacher Appreciation
Make a gift or card for your teacher.

Inspirational Sidewalk Chalk Pictures
Draw inspirational sidewalk chalk pictures down your sidewalk or driveway.

A Good Cause
Collect pop tabs from aluminum cans to donate to the Ronald McDonald House.

Good Morning!
Go on a walk and say “good morning” to the people that you pass.

Litter Magnet
Collect litter in your neighborhood.

Helping Hands
Get the mail, bring in the garbage, or grab the newspaper for a neighbor.

Window Words
Hang a sign in your window or door with a kind message!

Packed with Care
Make a care package for your classroom, nurse or school office.

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**book list**

Books are a great way to engage children and start conversation about acts in kindness.

**ONLY ONE YOU**
Author: Linda Kranz

**YOU BE MOMMY**
Author: Karla Clark

**HAVE YOU FILLED A BUCKET TODAY?**
Author: Carol McCloud

**WE ALL SING WITH THE SAME VOICE**
Authors: J. Phillip Miller and Sheppard M. Greene

**ENEMY PIE**
Author: Derek Munson

**STRICTLY NO ELEPHANTS**
Author: Lisa Mantchev

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