



## DANVILLE CHILDREN'S GUILD ACTS OF LOVE AND KINDNESS

### MONTH OF FEBRUARY

The Danville Children's Guild is excited to announce our "Acts of Love and Kindness" challenge during the month of February!

The past year has been a struggle for many. Whether it be financial, mental, or physical, many people have experienced hardships. Our goal is for participants to do an act of love or kindness each day during the month of February. This will not only help others, but it will fill our own cup with "feel goods" 😊.

What are some examples of random acts of kindness?

- *Bring cookies to your neighbors*
- *Compliment someone in line at Trader Joes*
- *Write a letter to someone just because*
- *Pick up 10 pieces of trash on your next walk*
- *Check in on a neighbor you have not seen in a while*
- *Cook your family their favorite meal and play fun music*
- *Let someone ahead of you in line*
- *Ask someone that may be lonely if they want to go for a walk or to talk*
- *Pay for the person behind you (coffee, burger)*
- *Bring food to your local shelter or food bank*
- *Do an extra chore, or two*

On March 1<sup>st</sup> we will have everyone that has participated submit their form to [DCGActsOfKindnessAndLove@yahoo.com](mailto:DCGActsOfKindnessAndLove@yahoo.com). We will then hold a drawing with these forms for gift certificates to LOCAL shops, restaurants and activities (our community needs our support!). We will have prizes for adults and kids. This is a win-win for everyone in our community!

To participate, download the calendar form at [danvillechildrensguild.com](http://danvillechildrensguild.com). Fill out your act of love each day.

**DON'T MISS OUT – AND PLEASE HAVE YOUR KIDS JOIN IN THE FUN!!!**

Lastly, please feel free to submit any fun pictures that you have doing your act of love and kindness. We will also have a raffle for everyone that submits a picture that we can post on our social media!

*P.S - If we get 100 participants, we will have  $100 \times 28 \text{ days} = 2,800$  Acts of Kindness and Love!*