

# MLK DAY 2021

A CELEBRATION OF DR. KING'S LIFE THROUGH  
ACTS OF KINDNESS

## #crkindnesscounts

### ACTS OF KINDNESS IDEAS AND SUGGESTIONS



Below are some suggested acts of kindness and ways to remember Dr. Martin Luther King, Jr.  
Select one or more of these, or choose your own. Post a picture or description on Twitter and use our hashtag

### #crkindnesscounts

#### Community Activities

- Thank our First Responders for their tireless efforts by writing a letter, dropping off cookies, etc.
- Send a card to a service member.
- Donate to the Wrightstown Food Cupboard. Items could be food or gift cards.
- Give blood.
- Make a video of yourself reading a favorite children's book and share with a teacher for virtual story time.
- Make a donation to a charity (Ronald McDonald House, CHOP, American Cancer Society, ALS Hope Foundation, Breast Cancer Research Foundation, etc)
- Make activity bags for families of deployed soldiers.
- Say thank you when you see a service member or first responder.
- Make a candy gram for your local police department.
- Pay it forward - (ie. pay for coffee for the person behind you).
- Pick up litter in your neighborhood.
- Bake dessert for a neighbor.
- Volunteer to walk dogs at a local animal shelter.
- Donate a toy to a children's hospital.
- Help a neighbor with yard work.
- Bring flowers to a neighbor.
- Use sidewalk chalk to write a kind message on a neighbor's driveway.
- Check in on an elderly neighbor.
- Run an errand for a neighbor.
- Walk an elderly neighbor's dog.
- Make a get-well card for someone.
- Bring your neighbors garbage cans in from the street.
- Fill a kindness jar for another family.
- Praise a local business online.

#### Family / Home Activities

- Do a chore for someone without them knowing.
- Write down a sibling or parent's best qualities on a sticky note and leave it on their bedroom door or mirror.
- Set the table for dinner.
- Tape a video message to a faraway friend or family.
- Virtually read a book to someone in your family living in a different house.
- Make a homemade gift for someone.
- Clean up your room without being asked.
- Send a letter to your grandparents.
- Collect spare change to donate to a charity.
- Donate outgrown clothes.
- Help a parent prepare dinner or dessert.
- Write a poem to share.
- Reach out to a friend you haven't talked to in a while.
- Make a new friend.
- Become an undercover agent of kindness by doing unexpected acts of kindness every day!

#### Educational Activities

- Read Martin Luther King's "I Have a Dream" speech.
- Take a virtual tour of the National Civil Rights Museum in Memphis, TN
- Read a book about MLK's life.
- Learn more about the Civil Rights Movement.
- Learn about MLK historical places of relevance.

#### Tracking CR Acts of Kindness

Help us keep track of who is participating in our 2021 MLK Day Acts of Kindness Project. Please take a minute to fill out the survey to indicate your relationship with Council Rock School District and to show the location of your kindness. Participants can access the survey through this QR code:

