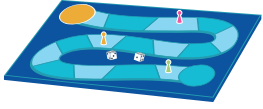


Enjoy a game night with friends or family



Invite a friend or co-worker to lunch



Write a thank you note to a police officer or fire fighter

Start a gratitude jar  
(write down what you are grateful for each day)



Support or volunteer at a local charity

BigHearted Blooms,  
American Red Cross,  
Believe in Dreams, etc.



Start or support a lemonade stand



# Fun for Kids + Adults!

PRESENTED BY

## Kindland

JUST BE KIND

Go on a walk with a friend or co-worker



Support your local animal shelter



Have a device free day

Lend a helping hand to an elderly neighbor or family member



NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Are you an employee of University Hospitals? **YES NO**

How did you hear about the Summer of Kindness Challenge? \_\_\_\_\_

Write a thank you note to a Healthcare Hero



### Excellent summer activity!

For each square you complete, you will receive a raffle entry to WIN amazing prizes! Cedar Point tickets, Browns tickets, Cavs tickets, grocery gift cards, and more!

*\*One challenge sheet and up to 20 raffle entries per person*  
Questions? Contact Amanda Guarnieri at [amanda@viafdn.org](mailto:amanda@viafdn.org) or 440.463.6205

#### HOW TO PARTICIPATE:

1. Complete as many of the challenges as you can and mark them off as you go. We're using the honor system – so be kind!
2. Share your kindness journey and document your acts of kindness using the Just Be Kind App or share your journey on social media tagging [@BeKindland](https://twitter.com/BeKindland) and using [#Kindland](https://twitter.com/Kindland). (This step is optional and not required to participate).
3. When you have filled out your form and marked off the squares you have completed, please submit your form using **ONE** of the following methods:

Visit [viafdn.org/summer-of-kindness](https://viafdn.org/summer-of-kindness) or scan the QR code to enter your submission information and provide a photo of your completed form.



Mail your completed form to:  
**Values-in-Action: Summer of Kindness,**  
6700 Beta Dr. Ste. 120, Mayfield, OH 44143

4. **DEADLINE** to receive forms: **Friday, August 16.**

5. You will receive one raffle entry for each square you have marked off.  
**The raffle drawing will take place on Friday, August 23.**



Pay for the person behind you in the drive-thru line

Pick up trash at a park



Leave a kind note for the mail carrier



Visit a family-owned business and restaurant



Make something for someone who is sick or recovering



Donate to a Food Bank



Paint and decorate a rock with a positive message

leave it somewhere for people to see



Leave a kind message with sidewalk chalk

