

Ideas for Acts of Caring...Values in *ACTION*

General

- Write a kind note to relatives and friends, letting them know why they are special
- Say something nice to everyone you meet today
- Transport someone who can't drive
- Deliver fresh-baked cookies to a friend, colleague, neighbor, community worker, stranger
- Bring flowers to work and share them with coworkers
- Extend a hand to someone in need. Give your full attention and simply listen
- Give blood
- Leave an extra big tip for the waitperson
- Give a bag of groceries to a homeless person
- Pay the toll for the car behind you

Business

- 10% of one hour (or a whole day) of sales donated to a school or non-profit
- Employers offer one extra 15 minute break to employees during the day (maybe doing something special for someone on staff or each other)
- Buy a box of donuts/bagels and give them to the business next to yours
- Give coupons for goods or services to schools or non-profit organizations
- Be a host for a class outing/visit
- Teach one new skill to a co-worker (and learn a new skill yourself)
- Leave a treat on the desk of a co-worker with whom you normally don't get along
- Show your appreciation to your co-workers through words, notes, or a flower on their desk
- Allow employees time off to read to children at a local school
- Give out ideas for "acts of caring" to customers
- As a group, develop a "caring project" for April 22 (food drive, adopt a school, blanket drive)
- For one day, stress caring interactions and activities rather than completing tasks (they don't have to be mutually exclusive)

Families

- Make a card with cheerful artwork drawn by each of your family members and give it to someone you appreciate.
- Walk to a nearby park and pick up trash, then have a picnic there
- Go to the pool for a swim, and pay the entrance fee for another family
- Make some small gifts or write kindness wishes on bright greeting cards. Deliver them in person to residents of a nursing home, children's home, or senior faculty, to teachers or neighbors
- Offer a couple of hours of baby-sitting to parents
- Create a craft project or build a bird house with a child



Schools and Youth Serving organizations

- ❑ On site school project...clean-up campus, recycle/reuse art project, “buddy day ” (matching older/younger students)
- ❑ Hand out caring cards for positive actions redeemable for a gift or to be passed to another student
- ❑ Have students sign a “caring pledge” with the action to be completed by April 22
- ❑ Create a class caring graffiti wall or journal on caring action
- ❑ Work with a business/organization for a collaborative project.
- ❑ Attach Dare to Care efforts to an assignment (write about a caring activity or effort, write a letter to someone you admire).
- ❑ Storytelling...share stories on acts of caring/acts of kindness – create a “storybook” to be shared with others.
- ❑ Students create bookmarks reflecting caring actions to share with public libraries, senior centers, books stores
- ❑ Staff and teachers – model caring actions with each other and be the example for students.

Community organizations

- ❑ Collect goods for a food bank or shelter
- ❑ Set up free coffee or hot chocolate for morning commuters
- ❑ Hold a children’s kindness drawing or coloring campaign
- ❑ Organize public presentations by community leaders about Dare to Care Day
- ❑ Ask groups, such as garden club, to create floral arrangements for a senior center, nursing home, police station, hospital, or the homebound

Service Clubs

- ❑ Host a storytelling party at a veterans hospital or other health care facility
- ❑ Collect personal care items, new underwear, and socks for homeless shelters and safe houses
- ❑ Work with schools, business, and merchants to raise “Pennies for Dare to Care Day”. Pennies don’t seem to have much value, but when combined, they do make a difference
- ❑ Prepare a special meal or dessert for seniors or nursing home residents
- ❑ Visit nursing homes or senior centers with recordings of songs that bring back memories, such as Mitch Miller or Frank Sinatra

To initiate or participate in projects OR share *your* ideas for ways to put *values into action*, contact:

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