

#BEKIND21

BROUGHT TO YOU BY: City of Lafayette

- 1 Commit to 21-days of kindness and inclusion. Use this calendar as a guide.
- 2 Wearing a mask is cool and an act of kindness. Wear your mask. Wash your hands.
- 3 Be kind to yourself. Practice self care. Take a nap or just stop to breathe.
- 4 Drop off non-perishable food items at bins around town now through September 21.
- 5 Make gratitude your attitude. Be thankful for at least one thing today and every day.
- 6 Support your local library & independent booksellers.
- 7 Write a thank you note and leave a treat for someone who makes your life better.
- 8 Unplug for a day and take a rest from technology.
- 9 Take time to laugh and make others laugh.
- 10 Reach out to get to know neighbors. Start a Neighborhood Emergency plan.
- 11 Volunteer or perform some other act of service to recognize National Day of Service & Remembrance.
- 12 Offer encouragement to someone who needs a lift.
- 13 Check-In with an older neighbor, family member or friend. Adopt a grandparent on #GrandparentsDay.
- 14 Register to vote. Make sure everyone you know is registered. Sign up to vote by mail.
- 15 Thank our teachers, school administrators + staff. They are working even harder to ensure that our students are learning.
- 16 Switch an item that you use to a sustainable version. Be Kind to our planet.
- 17 Thank your postal service employees.
- 18 Show respect and compassion to everyone you meet, whether in person or online.
- 19 Clean up debris around your neighborhood or at a nearby park.
- 20 Shop or dine local and let them know you appreciate them.
- 21 Perform an online volunteer task and / or drop off any final non-perishable food items.