#BEKIND21

BROUGHT TO YOU BY:
CITY OF LAFAYETTE #LOVELAFAYETTE

1. Commit to 21-days of kindness and inclusion. Sign up at https://bornthisway.foundation/bekind21/. Use this calendar as a guide.

2. Be kind to others and yourself. Wear a mask. Wash your hands. Give others space.

3. Make gratitude your attitude. Be thankful for at least one thing today and every day.

4. Be kind to yourself. Practice self care. Take a nap or just stop to breathe.

5. Write a thank you note and leave a treat for someone who makes your life better.

6. Support your local library and independent booksellers.

7. Take time to laugh and make others laugh. Reach out to someone you haven't talked to in a while.

8. Unplug for a day and take a rest from technology. Write an actual letter and mail it.

9. Drop off non-perishable food items at bins around town now through September 21.

10. Reach out to get to know neighbors. Start a Neighborhood Emergency contact tree.

11. Volunteer or perform some other act of service to recognize National Day of Service and Remembrance. Or, write a letter to or thank a veteran for their service

12. Check-in with an older neighbor, family member or friend. Adopt a grandparent on #GrandparentsDay.

13. Compliment one person each place you go. Offer encouragement to someone who needs a lift.

14. If you haven't already, VOTE! Help someone register to vote for upcoming elections.

15. Thank our teachers, school administrators and staff.

16. Switch an item that you use to a sustainable version. Be Kind to our planet.

17. Thank first responders and essential workers (police, fire, doctors, nurses, mail carriers and other delivery personnel).

18. Show respect and compassion to everyone you meet, whether in person or online.

19. Spend 30 minutes picking up trash around your neighborhood, at a nearby park or trail.

20. Shop or dine in Lafayette and let the staff or business owners know you appreciate them.

21. Donate your gently used clothing and/or household items to a non-profit.

BORN THIS WAY FOUNDATION

"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."
  - Albert Schweitzer

LAFAYETTE