

#BeKind21

Brought to you by the City of Lafayette #LoveLafayette

1	Commit to 21-days of kindness and inclusion. Use this calendar as a guide. For more resources, sign up at https://bornthisway.foundation/bekind21/ .
2	Be kind to others. Celebrate and learn from our differences.
3	Be kind to yourself. Practice self-care; take a nap or just stop to breathe.
4	Make gratitude your attitude. Be thankful for at least one thing today and every day.
5	Donate to the Food Bank. Drop off non-perishable items in donation bins at the Main City Offices, Community Center and Library and other locations. Details at www.lovelafayette.org/BeKind .
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 awhile.
8	Check-in with an older neighbor, friend or family member.
9	Unplug for a day and take a rest from technology. Write an actual letter and mail it.
10	Get to know your neighbors. Start a Neighborhood Emergency Contact Tree.
11	Perform an act of service to recognize National Day of Service and plan how you will thank a veteran for their service this Veterans' Day.
12	Switch an item that you use to a sustainable version. Be Kind to our planet.
13	Compliment one person each place you go.
14	Thank our teachers, school administrators and staff.
15	Write a thank you note and leave a treat for someone who makes your life better.
16	Now that you have a Neighborhood Emergency Contact Tree, encourage your neighbors to sign up for emergency alerts through the Community Warning System at https://cwsalerts.com/reg .
17	Spend 30 minutes picking up trash around your neighborhood, at a nearby park or trail.
18	Show respect and compassion to everyone you meet, whether in person or online.
19	Offer encouragement to someone who might need it.
20	Donate your gently used clothing and/or household items.
21	Observe World Day of Peace by showing compassion and empathy to everyone, no matter their race, gender, or political views.



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*Because that's what kindness is. It's not doing something for someone else because they can't, but because you can.
— Andrew Iskander*