



KINDNESS CHALLENGE

NEIGHBOURS



Bake some cookies

Help them bring in their grocery bags

Make a card for them

Wash their car

Bring in their recycling/garbage/compost bin

Offer to go grocery shopping for them.

Bring them a plant or bouquet of flowers

Chalk art. Brighten their day with positive notes and pictures

Knock on their door and introduce yourself

Help do yard work

Smile and say hi whenever you see them

Host a street picnic

Take their dog for a walk

Invite them over for dinner/ bbq

Decorate your neighbors fence/door

Babysit

Leave a kind note on their windshield

Shovel their driveway

Mow their lawn

Offer them a gift certificate to a local business

Offer to take care of their pets or house when they are away

