

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 MAKE A DIFFERENCE</p> <p>As a class or group, choose a cause to help! Ex. Collect towels for an animal shelter, toothbrushes for a youth centre, or become pen pals with seniors at a local centre.</p> <p><i>visit our website for more ideas</i></p>	<p>2 CONNECT</p> <p>Write a letter, call, or video chat a friend or family member. Tell them why you appreciate them.</p>	<p>3 REDUCE YOUR WASTE</p> <p>Instead of tossing it in the garbage or recycling, reduce your waste by finding a different use for an item you no longer need.</p> <p><i>visit our website for ideas</i></p>	<p>4 WILDLIFE CONSERVATION</p> <p>Choose an endangered animal in Alberta to learn more about. Find out what more we can do to protect them. Share your information with at least two others.</p>	<p>5 GET OUTSIDE</p> <p>Get outside with nature and enjoy the fresh air. Look for wildlife or signs that they have been in the area. What did you find? Remember to pick up any litter you come across.</p>
		<p>6 FAMILY TIME</p> <p>Help plan and prepare dinner with your family. After enjoying the meal together, help clean up.</p>	<p>7 MINDFULNESS</p> <p>Find a quiet space where you can sit for 2 minutes by yourself. Think about something you are proud of or grateful for. Share with a friend if you'd like.</p>	<p>8 PLAY WITH PETS</p> <p>Toys and play help animals express their normal behaviour. Make a toy or game for your pet, or if you have a fish or reptile, add enrichment to their habitat!</p> <p><i>visit our website for more ideas</i></p>	<p>9 CARING COMMUNITY</p> <p>Caring communities include individuals that care for other people, animals and the environment. Send a card to a caring community member (veterinarian, nurse, fish and wildlife officer, etc.) thanking them for all that they do.</p>	<p>10 NATURAL HABITAT</p> <p>Native plants are important. They require less water, promote pollination, and preserve natural habitat. Discover what plants/flowers/tree species are native to your community. Find a native tree/bush species in your community. Take a photo!</p>
<p>13 MOVE YOUR BODY</p> <p>Being physically active is important for your health and wellness. Spend 60 minutes moving your body to your ability. Ex. Taking a brisk walk, playing an active game, or dancing.</p>	<p>14 DISCONNECT</p> <p>Unplug from technology today and take some time for yourself. Ex. Read a book, draw a picture, get outside, or play with your pet!</p>	<p>15 CLEAN UP</p> <p>Make the world a better place by cleaning up. Ex. Collect trash in your school yard, recycle paper in your classroom, or do an extra chore at home.</p>	<p>16 RANDOM ACTS OF KINDNESS</p> <p>Brighten someone's day by doing a random act of kindness. Ex. Shovel your neighbour's sidewalk, paint a rock and leave it for someone to find, draw a picture for your fridge.</p> <p><i>visit our website for more ideas</i></p>	<p>17 MAKE YOUR CONTRIBUTION</p> <p>As a class or group, discuss your success and how it will help the organization or group you chose to help on the 'Make a Difference Day.' Give yourselves a pat on the back for making a difference!</p>	<p>18 REFLECTION</p> <p>How did this challenge make you feel? Tell us how it went and we will add your group/class to the Kindness Map!</p> <p><i>visit our website for reflection questions</i></p>	
<p>EVERYLIVINGTHING.CA/KINDNESS challenge</p>						

