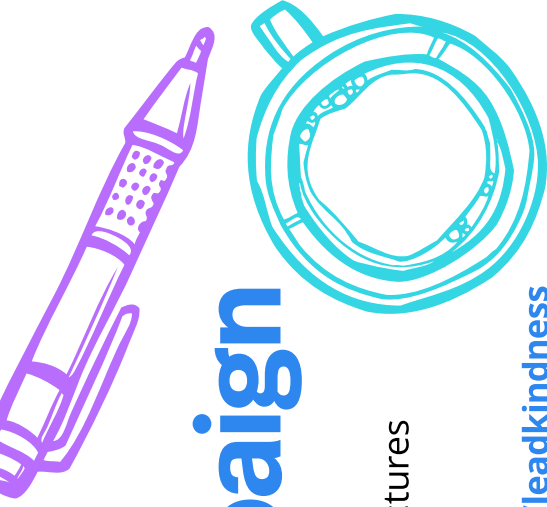


autism speaks®

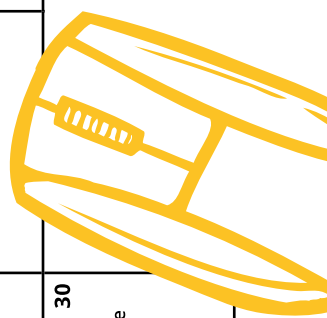
The Kindness Campaign



Throughout the month, spread kindness far and wide by sharing updates and pictures tagged with #LightUpWithKindness and #LeadWithKindness

Find tons of ideas and resources to support your 30 day campaign at autismspeaks.org/leadkindness

1	Share Kind: Sign up online for The Kindness Campaign	2	Light it Up! Wear blue and decorate your office or use a Kindness Campaign Zoom background	3	Support Kind: Set a fundraising goal for your Campaign and share why you're participating	4	Share Kind: Update your Kindness Campaign page with a picture and why you're involved	5	Kindness Note: Jot down one kindness goal for the month	6	Support Kind: Start a Facebook fundraiser, then donate to your campaign to get things started	7	Kindness Note: List two things you are grateful for
8	Be Kind: Send a note or card to someone who needs a boost	9	Support Kind: Send 10 emails asking people to support your campaign	10	Kindness Note: Who is the kindest person you know?	11	Support Kind: Add your Kindness Campaign page link to your email signature	12	Share Kind: Tag three kind friends with a compliment	13	Kindness Note: List four people you will do something nice for this month	14	Light it Up! Decorate your car or home window for autism awareness
15	Kindness Note: List three good characteristics you have	16	Support Kind: Share your Facebook Fundraiser and why the Autism Speaks mission matters to you	17	Be Kind: Compliment a co-worker	18	Share Kind: Share an Autism Speaks "how we help" infographic	19	Be Kind: Schedule a Zoom coffee break with a colleague	20	Be Kind: Give a new hire a warm welcome	21	Share Kind: Decorate kindness rocks and leave them around town for others to find
22	Light it Up! Wear blue and walk 1.54 miles	23	Be Kind: Send someone a surprise thank you note	24	Kindness Note: Write yourself a compliment	25	Share Kind: Leave a kind review for your favorite restaurant	26	Support Kind: Share your Kindness Campaign Facebook fundraiser one more time!	27	Be Kind: Send thank you notes to your Kindness Campaign donors	28	Keep going! Race to a KinderWorld through our virtual run series autismspeaks.org/teamup
29	Kindness Note: Write down at least one thing you're proud of this month	30	Light it Up! You did it! Take a selfie and share what you learned.										



LEGEND:

Be Kind = Do an act of kindness

Share Kind = Promote a kinder world

Support Kind = Fundraise for Autism Speaks

Kindness Notes = Quick sticky-note kindness builders

Light it Up = Do something visible