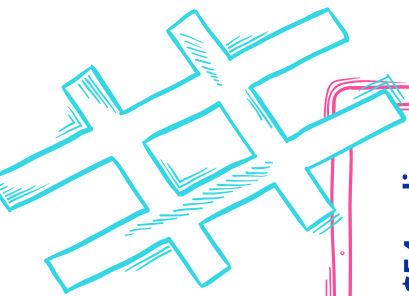


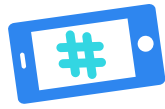


autism speaks®

The Kindness Campaign



Name _____



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

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



Raise \$54 online
to earn your first prize!

1 Share Kind: Sign up online for The Kindness Campaign	2 Light it Up! Wear blue and #LightupwithKindness	3 Support Kind: Set a fundraising goal for your Kindness Campaign	4 Share Kind: Update your Kindness Campaign page with why kindness is important to you	5 Kindness Journal: Start your Journal: Write about a time someone was kind to you	6 Support Kind: Create a list of five ways to raise \$54 for Autism Speaks	7 Kindness Journal: What is one thing you are grateful for today?
8 Be Kind: Make and send a kindness card to someone who needs a boost	9 Support Kind: Ask five people to donate to your Kindness Campaign	10 Kindness Journal: Think of a kind person you know. What makes them kind?	11 Support Kind: Start a Facebook fundraiser (or ask a grown-up to do it!)	12 Share Kind: Read a book about kindness	13 Kindness Journal: Why is it important to help each other?	14 Light it Up! Decorate your car or home window for autism awareness
15 Kindness Journal: What are three things you like about yourself?	16 Support Kind: Share your Kindness Campaign Facebook fundraiser	17 Be Kind: Send letters to three family members with a kind compliment	18 Kindness Journal: How can our differences make the world better?	19 Share Kind: Create and share a video about why being kind matters to you	20 Be Kind: Invite someone new to join you in an activity	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 Journal: Write about a time you did something kind	25 Light it Up! Chalk your walk with messages of kindness	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 Kinder World through our virtual run series autismspeaks.org/teamup
29 Kindness Journal: What is something you did this month that you are proud of?	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 Journal = Written activities

Light it Up = Do something visible

