



kindness campaign

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

Find ideas and resources to support your campaign at autismspeaks.org/kindness