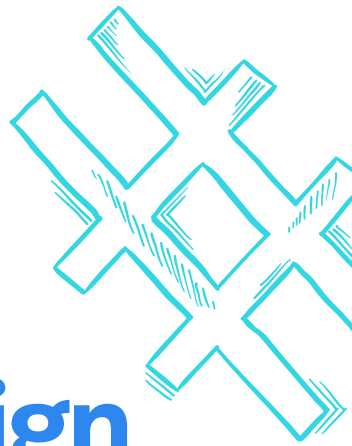




autism speaks®



# The Kindness Campaign

The Autism Speaks Kindness Campaign celebrates and encourages acceptance, understanding and inclusion with 30 daily acts of kindness.

Sign up today to #LearnWithKindness at your school!

## How it works

Sign up to learn more at [autismspeaks.org/learnkindness](http://autismspeaks.org/learnkindness).

We'll follow up to help you set up your campaign.

### Earn great prizes

by completing daily tasks and tracking your fundraising progress.

### Visit our kindness resources

to learn more about autism, Autism Speaks and creating a world where all people with autism can reach their full potential.

### Participate at your pace

or join your classroom for dedicated kindness lessons.

### Share your Kindness Campaign

with friends and family and ask for donations to help create a kinder world through your school's support of Autism Speaks.

### Celebrate a month of kindness!

#LearnWithKindness | #LightUpWithKindness

**The Autism Speaks Kindness Campaign**  
**30-Day Kindness Calendar**

Name \_\_\_\_\_

Social media call-out: Throughout the month, spread kindness far and wide by sharing updates and pictures tagged with #LightUpWithKindness and #LearnWithKindness

Find tons of ideas and resources at [autismspeaks.org/learnkindness](http://autismspeaks.org/learnkindness)

**Raise \$54 online to earn your first prize!**

1 <b>Share Kind:</b> Sign up online for The Kindness Campaign	2 <b>Light It Up!</b> Wear blue and #lightupwithkindness	3 <b>Support Kind:</b> Set a fundraising goal for your Kindness Campaign	4 <b>Share Kind:</b> Update your Kindness Campaign page with why kindness is important to you	5 <b>Kindness Journal:</b> Start your journal. Write about a time someone was kind to you	6 <b>Support Kind:</b> Create a list of 5 ways to raise \$54 for Autism Speaks	7 <b>Kindness Journal:</b> What is one thing you are grateful for today?
8 <b>Be Kind:</b> Make and send a kindness card to someone who needs a boost	9 <b>Support Kind:</b> Ask five people to donate to your Kindness Campaign	10 <b>Kindness Journal:</b> Think of a kind person you know. What makes them kind?	11 <b>Support Kind:</b> Start a Facebook Fundraiser (or ask a grown-up to do it!)	12 <b>Share Kind:</b> Read a book about kindness	13 <b>Kindness Journal:</b> Why is it important to help each other?	14 <b>Light It Up!</b> Decorate your car or home window for autism awareness
15 <b>Kindness Journal:</b> What are three things you like about yourself?	16 <b>Support Kind:</b> Share your Kindness Campaign Facebook fundraiser	17 <b>Be Kind:</b> Send letters to three family members with a kind compliment	18 <b>Kindness Journal:</b> How can our differences make the world better?	19 <b>Share Kind:</b> Create and share a video about why being kind matters to you	20 <b>Be Kind:</b> Invite someone new to join you in an activity	21 <b>Share Kind:</b> Decorate kindness rocks and leave them around town for others to find
22 <b>Light It Up!</b> Wear blue and walk 1.54 miles	23 <b>Be Kind:</b> Send someone a surprise thank you note	24 <b>Kindness Journal:</b> Write about a time you did something kind	25 <b>Light It Up!</b> Chalk your walk with messages of kindness	26 <b>Support Kind:</b> Share your Kindness Campaign Facebook fundraiser one more time!	27 <b>Be Kind:</b> Send thank you notes to your Kindness Campaign donors	28 <b>Support Kind:</b> Visit <a href="http://autismspeaks.org">autismspeaks.org</a> and join the face to a Kinder World
29 <b>Kindness Journal:</b> What is something you did this month that you are proud of?	30 <b>Light It Up!</b> 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 #lightupwithkindness

