

FALL KINDNESS CHECKLIST

HOW MANY CAN YOU CHECK OFF?

CARE
HARD



- TAKE THE INLIGHT KINDNESS PLEDGE
- WRITE A KIND MESSAGE TO SOMEONE ON A FALLEN LEAF
- MAKE A BIRD OR WATER FEEDER OUT OF RECYCLED SUPPLIES
- DONATE COATS, HATS, OR SHOES THAT NO LONGER FIT TO A CHARITY
- MAKE A GRATITUDE BANNER
- SEND A THANK YOU CARD TO YOUR LOCAL FIRE STATION

- HELP RAKE LEAVES
- MAKE A THOUGHTFUL GIFT FOR A TEACHER
- MAKE A LIST OF THINGS YOU ARE THANKFUL FOR
- TELL SOMEONE A FALL JOKE TO MAKE THEM LAUGH
- WRITE DOWN ONE THING YOU LOVE ABOUT YOURSELF
- DO THE INLIGHT PEANUT BUTTER CHALLENGE
- WAVE HELLO TO NEIGHBORS
- INSPIRE OTHERS TO BE KIND

INLIGHT'S KIND CLUB

Welcome to INLIGHT Institute's Kind Club. By signing your name below, you are an official ambassador for a healthier and safer future. You are not only tomorrow's leader, but you are also today's leader. Remember, one kind word, one smile, and one act of kindness can cause an explosion of goodness. Your voice and actions are impactful, and when we flip Me to We, good things happen.

Repeat our pledge and make waves. We've got your back.

Signature: _____

KINDNESS PLEDGE

I promise to care about myself, others, and our planet. I will act in a way that is true and beautiful so that I can light up the world with my words, feelings, and actions.

jokes

LAUGHTER MAKES PEOPLE FEEL GOOD.
SHARE A NATURE JOKE WITH A
FRIEND OR FAMILY MEMBER TO TICKLE
THEIR FUNNY BRANCH.

How do you fix a broken pumpkin?

With a pumpkin patch!

What is a scarecrow's favorite type of fruit?

Straw-berries!

Why did the fungi leave the party?

There wasn't mushroom.

What is the cutest of all seasons?

Awwwtumn!

What do you get if you drop a pumpkin?

Squash!

What do the trees say when they start getting their leaves back in spring?

What a re-leaf!

Knock Knock

Who's there?

Wool

Wool who?

Wool you grab me a sweater? It's getting cold outside!

ALWAYS REMEMBER TO BE-LEAF IN YOURSELF!