

WINTER KINDNESS CHECKLIST

HOW MANY CAN YOU CHECK OFF?

CARE HARD



- TAKE THE INLIGHT KINDNESS PLEDGE
- TELL SOMEONE A WINTER JOKE TO MAKE THEM LAUGH
- FILL A JAR WITH KIND THOUGHTS ABOUT SOMEONE AND GIVE IT TO THEM
- MAKE A THANK YOU SIGN AT YOUR DOORSTEP FOR DELIVERY WORKERS
- CALL A FAMILY MEMBER TO TALK OR ARRANGE AN ONLINE GAME SESSION WITH THEM
- TRACE AROUND YOUR OPEN ARMS AND SEND SOMEONE A HUG IN AN ENVELOPE
- GIVE A THANK YOU CARD TO YOUR MAIL CARRIER
- MAKE THANK YOU CARDS FOR YOUR TEACHERS
- WRITE DOWN ONE THING YOU LOVE ABOUT YOURSELF
- DONATE TOYS YOU DON'T USE ANYMORE
- DO THE INLIGHT PEANUT BUTTER CHALLENGE
- GIVE SOMEONE A COMPLIMENT
- 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.

What do you call a snowman in August?

A puddle

How do snowmen greet one another?

They say "Ice to meet you"

What do mountains wear to keep warm?

Snowcaps.

What snack should you make for the Snowman Holiday Party?

Ice Krispy treats.

What do snowmen like to eat for dinner?

Iceburgers!

What does a gingerbread man put on his bed?

A cookie sheet.

What did the snowman say to his customer?

Have an ice day

Knock, knock

Who's there?

Icy

Icy who?

Icy you!

**Always remember, you are thaw-some
and there's snow one just like you.**