



14 Activities that focus on

SPREADING LOVE &

Making a Positive Impact In Your Community

- ♥ **Make valentines for hospitalized children.** I recently learned about a wonderful organization called Cards for Hospitalized Kids. They accept cards all year round and distribute them for you to hospitalized children in hospitals all over the US. It's awesome! For more information check them out at: www.cardsforhospitalizedkids.com
- ♥ **Leave a small gift and note of appreciation for someone in your community.** Think of those around you that serve you everyday. Your mailman, the garbage collector, police officers, firefighters, health professionals, supermarket checkers, restaurant waiters and so many more. Choose one to write a little note to and attach it to a small gift if you would like and leave it for them to find or give it to them yourself.
- ♥ **Do a small act of service such as shoveling a neighbor's driveway.** Look for opportunities to serve in your neighborhood. Do you have an elderly neighbor who could use help shoveling their driveway? Do you have a busy mother who could use help watching her kids? Is there someone nearby who has lost a loved one and could use a visit?
- ♥ **Write small encouraging notes and leave them around town.** Write a few small notes with positive short messages such as "You are wonderful!" and "Have a fantastic day!" and leave them around town as you go about your errands. You never know who may find them and what good a little love can do.
- ♥ **Play the "I Love You" game.** As a family, or even group of friends, gather together with one paper heart and pen per person. Write your name in large letters in the center of your heart. Next elect someone to leave their heart with the group and leave the room for a minute or two. The remaining people in the room have the job to pass that person's heart around and take turns writing one thing that they love about that person that hasn't already been written yet. Then the individual who left can rejoin the group and read their heart. Repeat this process until you have spotlighted every individual in the room. Hang your hearts up in your home on bedroom doors or the refrigerator if desired.



- ♥ **Make valentines for those you love.** This activity can include your yearly valentines for school classes and family members. As an extra challenge, try to think of those you can include on your list who may live farther away or who you may not normally give valentines to but whom you appreciate all the same.
- ♥ **Donate to your local food bank.** Grab a bag and fill it with some canned goods from your pantry and take it to your local food bank as a family.
- ♥ **Help around the house without being asked.** As a family member there are a lot of opportunities for you to contribute and help your home be a wonderful environment. Choose something you can do without being asked to clean up or help in the daily activities of your home.
- ♥ **Focus today on being especially kind and complimentary.** Make an extra effort today to notice the positive in those around you and take the extra step in complimenting them. Also, look for opportunities to help, comfort, reach out and make a difference. If you want a fun idea to help you remember, wear a heart sticker on your hand all day so that seeing it will remind you of your challenge.
- ♥ **Start a piggy bank for a cause.** Grab a jar or a piggy bank and start collecting your spare change or donating a bit of your money to a cause of your choice. I got this idea from the Random Acts of Kindness Foundation and you can read about it here: <https://www.randomactsofkindness.org/kindness-ideas/866-start-a-piggy-bank-for-a-cause>
- ♥ **Donate used books to the library.** Give the gift of reading! Go through your personal library and select books that you have outgrown or are no longer interested in and donate them. Also, fun fact, did you know that February 14th is International Book Giving Day?
- ♥ **Start a recycling bin in your home.** This one is about showing a little love to our planet. If you have a recycling bin in your home already then take a trip to drop it off or find something in your home to repurpose.
- ♥ **Call someone you love and haven't spoken to in a while to tell them you appreciate them.** Is there someone that you have been meaning to call and have been putting it off? Now is your chance!
- ♥ **Make treats and share them with neighbors.** I know Valentine's Day itself can be hectic, but I saved this one for the actual holiday because it can really mean a lot to stop by with a small treat to people who may not be getting valentine's this year or who may really need it. Think of those who live alone, are widowed, have experienced a recent loss, or could just use a little love. Valentine's day can be incredibly lonely and even sad for those who yearn for a "valentine" or some extra love and feel they don't have it. If you are too busy buying treats to share is totally allowed.

