

THE Treasure OF Kindness CHALLENGE

Goal: Spread love and earn treasure by completing acts of kindness each day for two weeks and filling your team's treasure chest!



Step 1. Each day, perform an act of kindness using the ideas provided (flip page) or your own ideas.

Step 2. One time per day, complete an act of kindness and add one piece of treasure to the team's treasure chest. (Feel free to complete more than one act of kindness but only add one piece of treasure per day.)

Step 3. Once the treasure chest is filled (after two weeks), the team leader can submit a proof of completion photo to Well-U using QR code or email.

Our team's treasure chest is located:



well-u-info@rochester.edu

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YOUR Acts OF Kindness IDEAS

1. Leave a positive review for a local store/restaurant.
2. Hold the door open for someone.
3. Pick up litter.
4. Sign up to donate blood.
5. Hand write and mail a letter to an old friend.
6. Help a neighbor.
7. Tell a coworker that they are doing a great job.
8. Smile at those who pass you.
9. Leave a very generous tip.
10. Enroll and take UR Safe Space training through MyPath.
11. Thank a teacher.
12. Bring in a yummy treat for everyone to share.
13. Make a point to listen to someone without interrupting.
14. Publicly acknowledge someone who deserves the praise.
15. Call an old friend.
15. Choose to shop at underrepresented business owners.
16. Buy a coffee for the person behind you in line.
17. Compliment a stranger.
18. Send a kind and encouraging text to a friend.
19. Plant a tree.
20. Forgive someone.
21. Donate \$10 to your favorite charity.
22. Display a Pride flag to show your allyship.
23. Donate gently used clothing to a local charity.
24. Surprise someone with a small gift just because.
25. Volunteer to help a coworker.
26. Ask a friend how their family is doing and truly listen.
27. Learn CPR.
28. Hold a "self-care" day for yourself.
29. Be especially kind to cashiers for a whole day.
30. Remind your loved ones how much they mean to you.

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