



A Made for
More Project



Leave your mark

YOU CAN BE A HERO!

WHEN YOU CHOOSE TO BE KIND TO OTHERS
THAT KINDNESS KEEPS ON GIVING AND GIVING.
INSIDE YOU WILL FIND ALL THE RESOURCES YOU
NEED TO DO LITTLE AND BIG ACTS OF KINDNESS
FOR OTHERS. SO GET READY, GET SET, GO
LEAVE YOUR MARK ON THE WORLD AND MAKE A
DIFFERENCE IN THE LIFE OF ANOTHER.

THE HEROES GUIDE TO RANDOM ACTS OF KINDNESS

IN YOUR HOME

- > Say "Good Morning" to your family and offer to get them breakfast (even just a bowl of cereal).
- > Post inspirational or 'Thank You' sticky notes around your house.
- > Share something you think is special about each family member with them.
- > Help out a sibling in need.
- > Do your chores without being asked.
- > Fix someone else's bed.
- > Water the plants around the house.
- > Tell your family how much you love them.
- > Practice self-kindness and spend 30 minutes doing something you love today.
- > Make a Gratitude List every night for a week.

IN YOUR SCHOOL

- > Compliment the first three people you talk to today, friends or teachers.
- > Let someone go in front of you in line.
- > Use your allowance to participate in a school fundraiser.
- > Everyone is important. Learn the names of your school crossing guards, bus drivers, or other school helpers. Then greet them by name.
- > Pack a snack for your teacher (ask what they would like to eat first).
- > Bring your P.E., Music, and Art teachers a little "Thank You" gift.
- > Help out a fellow student.
- > Tell someone in your class how great they are.
- > Email or write to a former teacher who made a difference in your life.

IN YOUR COMMUNITY

- > Make a treat for a neighbor like freshly baked cookies.
- > When on a walk carry a plastic bag and pick up litter while you walk.
- > Return shopping carts for people at the grocery store.
- > Host a Clean Up session at a park or school.
- > Donate old towels or blankets to an animal shelter.
- > Smile and say "Hello" to five strangers.
- > Send a 'Thank you' card or note to the officers at your local police or fire station.
- > Leave a bag of goodies in your mailbox for your mail carrier.
- > Donate useable toys or clothes to a local charity for families in need.
- > Offer to do some lawn work for an elderly neighbor.

THERE ARE SO MANY WAYS TO SHARE KINDNESS.

ADD YOUR OWN IDEAS HERE:

KINDNESS CARDS

SPREAD JOY AROUND WITH THESE PRINTABLE KINDNESS CARDS YOU CAN SHARE WITH FRIENDS AND FAMILY.

**KINDNESS
IS COOL**

Pass it on!



YOU MAKE MY DAY

BRIGHT

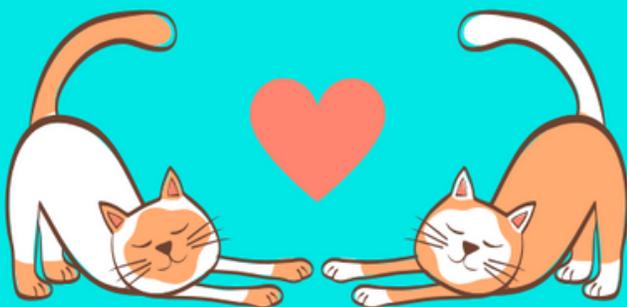


omg
you're so
funny!



**YOU
ROCK
IT!**

Your kindness is out
of this world



THANK YOU FOR MAKING MY DAY

Pawsitively Purrfect!



KINDNESS CARDS

SPREAD JOY AROUND WITH THESE PRINTABLE KINDNESS CARDS YOU CAN SHARE WITH FRIENDS AND FAMILY.

MOM
You're Sweet!



Grandparents
are the best
kind of
adults!



DAD
YOU NAILED IT!



**REACH FOR
THE STARS!**



*live
your
dream.*



GET INVOLVED

Become a Local Superhero

Host an Art Supplies Drive

The Made for More Project

Ongoing Supplies Needed

www.madeformoreproject.org/suppliesdrive

Care and Share Food Bank for Southern Colorado

Ongoing Volunteer Opportunities: Ages 6+

careandshare.org/get-involved/volunteer/

Humane Society of the Pikes Peak Region

Ongoing Volunteer Opportunities: Ages 12+

www.hsppr.org/springs/become-volunteer

Marion House Soup Kitchen

Ongoing Volunteer Opportunities: Ages 13+

www.ccharitiescc.org/donate/volunteer/

Trail Construction @ Stratton Open Space

June 15, 2019: Ages 14+

www.voc.org/project/trail-construction-stratton-open-space

Host a Back to School Supplies Drive

Learn How To Here:

createthegood.org/toolkit/how-hold-school-supply-drive

Christmas Unlimited Toy Distribution

December: Ages 11-12 (with an adult) and 13+

www.christmasunlimited.org/get-involved/volunteer

GET INVOLVED

Become an International Superhero

Heifer International

Help end hunger and world poverty
www.heifer.org

World Wildlife Fund

Adopt an animal to protect wild animals and their habitats
gifts.worldwildlife.org/gift-center/gifts/Species-Adoptions.aspx

Doctors Without Borders

Help provide medical care where it is needed most
www.doctorswithoutborders.org

KaBOOM!

Help fund the building of playgrounds in the U.S.
www.kaboom.org

Pencils of Promise

Help provide education worldwide
pencilsofpromise.org

Operation Christmas Child

Give a gift to a child in need around the world
Collection Week: Nov. 18-25, 2019
www.samaritanspurse.org

USE THIS CHART TO TRACK YOUR RANDOM ACTS OF KINDNESS THROUGHOUT THE MONTH!



30 DAY KINDNESS TRACKER

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

KINDNESS HERO AWARD

THIS IS TO RECOGNIZE

YOUR GENEROSITY IS OUT OF THIS WORLD!



Jeannie Martin

JEANNIE MARTIN

CEO,
THE MADE FOR MORE
PROJECT

