

Resilient Amador's 1st Annual BEE KIND Campaign

Each of us has the capacity to show up kindly and make a difference in the world of another.

Write your acts of kindness in the honeycomb for each date! Let's start in February in Amador County.



Kind

Example:
Today I
opened a door
for a stranger.
:)

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

14th

15th

16th

17th

18th

19th

20th

21st

22nd

23rd

24th

25th

26th

27th

28th

29th

Turn in by March 11, 2024

Name: _____

Phone: _____

Email or scan your completed acts of kindness calendar to: kindnessamador@gmail.com

Mail to P.O. Box 815, Jackson CA 95642 or drop off at 975 Broadway, Jackson.

Call with questions! Resilient Amador 209-223-5921 - www.amadorcapc.org



Hey Kids!

You can participate by doing small things to show kindness. like:

- Picking up a classmate's pencil
- Following your teacher's/parent's directions
- Holding the door open for a friend
- Helping another student with their homework
- Waving hello or goodbye
- Allowing a friend to go first in a game
- Donating a toy you don't use anymore
- Baking cookies (with an adult) and taking them to a neighbor
- Reading to a friend or neighbor's dog
- Sharing your crayons or markers
- Making a card for a friend or neighbor

Being resilient has been defined as "the ability to struggle well."

All of us are struggling, and not everyone's struggle is going well.

We hope to encourage you to step outside of your comfort zone and make a connection with someone by performing an act of kindness.

Your struggle may be heavier (or lighter) than that of the stranger walking past you, but the fact remains, we all struggle. You can help relieve that burden by doing something kind!

We encourage you to use our BEE KIND calendar! Write down your acts (or acts you witnessed) of kindness. At the end of the month, submit your calendar to kindnessamador@gmail.com to be entered into a drawing for some cool swag! The Grand Prize is a donation of \$100 to the Amador County charity of the winner's choice!



Kindness Ideas

- Write a thank you note to your mail carrier
- Give an unexpected compliment
- Be an active listener
- Help someone carry their groceries
- Make eye contact and smile
- Be kind to people in the service industry
- Lend someone your favorite book
- Send an encouraging email
- Reach out to someone who is struggling
- Text someone good morning or good night
- Take a walk outside & reconnect with nature
- Compliment with reckless abandon
- Praise a local business online
- Share a favorite memory with a loved one
- Be a friend to a lonely neighbor
- Take out a neighbor's garbage
- Slow down and let someone merge

No act of kindness, no matter how small, is ever wasted. - Aesop