



Acts of Kindness Ideas brought to you by



Kindness Core and Small Things Matter

Kindness Core - WES Grade 3 STEM and Entrepreneurship students

Small Things Matter - Founded by Lana Anderson, a child entrepreneur in Maryland

With your parents' approval here are just some ideas we had,
but the best ideas might be the ones you dream up!

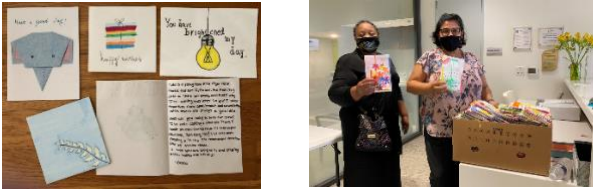
Ideas in your home:

- Take out the trash
- Do a load of laundry
- Wash the dishes
- Empty the dishwasher
- Hug a family member
- Sing someone a song
- Draw someone a picture
- Call a friend or family member who might be lonely
- Help a sibling with a chore or homework
- Plant a plant
- Release a bug in the house outside
- Put out birdseed
- Water plants
- Make a meal

Ideas around your home

- Write a card to a neighbor, friend, family, hospital workers, teachers, etc.
- Pick up a neighbor's newspaper, package, or mail and bring it to their door
- Make treats for a neighbor, grocery worker, or fire station crew
- Rake leaves for someone
- Pick up trash or clean up a local stream
- Cook a meal for a neighbor or friend
- Deliver groceries or goods to someone who needs help
- Put up signs to inspire others to do acts of kindness too

Here is how you can help in our extended community through Small Things Matter:



Please consider sending handmade cards to help seniors, food-insecure children, or homeless LGBTQIA+ youth during this difficult time. Share a few inspirational sentences, a poem, a joke, or a puzzle on a handmade card to let others know that you are sending kind wishes their way. Cards can be decorated with colored pencils, pens, origami, feathers, etc. The only limit is your imagination.

Send a card to a senior who is isolated

*If you would like to help brighten the day of low-income housing seniors at the Heritage House in Rockville please consider making a handmade card for them. Please mail your cards by **Saturday, October 31**, to **Small Things Matter, Cards for Seniors, 14516 Bauer Drive, Rockville, MD 20853**.*

Send a card to a child whose family is getting meals

*STM provides fresh produce and hot meals to 1000 needy families in Montgomery County. If you would like to send a few encouraging words to a child experiencing food insecurity, please consider making a handmade card for them. Please mail your cards by **Saturday, October 31**, to **Small Things Matter, Cards for Children, 14516 Bauer Drive, Rockville, MD 20853**.*

Send a card to a homeless LGBTQIA+ teen

*STM provides support to the LGBTQIA+ youth at Casa Ruby (<https://casaruby.org>) with baked goods and grocery items. If you would like to bring some joy to a LGBTQIA+ teen, please consider making a handmade card for them. Please mail your cards by **Saturday, October 31**, to **Small Things Matter, Cards for Casa Ruby, 14516 Bauer Drive, Rockville, MD 20853**.*



*Order on Amazon a **book or toy** for a **child in need***

**Students can make a homemade bookmark to include with their book donation.*

Small Things Matter literacy program provides children in need with brand new books so that they can build their own libraries at home. During this time of COVID-19, it is increasingly hard for these children to get to the library to pick up books safely, so we are giving them new books through our food distributions. Please consider purchasing a

book <https://www.amazon.com/hz/wishlist/ls/XLYZ6IQOS49B?> or a

toy <https://www.amazon.com/hz/wishlist/ls/10LZEAOQQQT0J?> via our Amazon wishlist.

*Please add WES donation to the notes section if possible. We will also gratefully accept any new book or toy that you wish to donate at **Small Things Matter, 14516 Bauer Drive, Rockville, MD 20853. Donations must be received by Saturday, December 19, for our holiday distribution. Book distributions are year-round. Handmade bookmarks sent to the above address would also be greatly appreciated. We will make every effort to place your bookmark into the book you donate.***



*Make a **casserole** for a **family in need***

*Please help make a casserole for a family in need. Your casserole will feed food-insecure families in Takoma Park and Silver Spring. Please prepare a casserole of your choice in a 9 x 13 disposable aluminum pan. Label your casserole with the name of the dish, the ingredients, cooking/reheating instructions, and date, for example, **Chicken and Cheese Casserole: chicken, pasta, olive oil, onion, mushrooms, bread crumbs, butter, cheese. To reheat, place in a 350-degree oven for 30 minutes. 9/21/20. Freeze hard before delivery to Hampshire Tower Apartments (7401 New Hampshire Ave, Takoma Park, MD 20912) on Sunday, October 4, from 11 a.m. to noon. Casseroles can also be donated at our distribution on the first and third Fridays each month from 7:30-9 am in the small parking lot of the TPSS Coop (201 Ethan Allen Ave, Takoma Park, MD 20912). Please label your donation Small Things Matter /WES.***

*Donate **canned food** to people in need*

*Please donate in-date canned foods for a family in need. Your donation will help feed food-insecure families in Takoma Park and Silver Spring. Popular canned food items include canned tuna, canned chicken, Spam, mac-n-cheese, tomato sauce, canned tomatoes, Chef Boyardee, and canned fruit. Donations can be dropped off at **Small Things Matter, 14516 Bauer Drive, Rockville, MD 20853** any day of the week or at our distribution on the first and third Fridays each month from 7:30-9 am in the small parking lot of the TPSS Coop (201 Ethan Allen Ave, Takoma Park, MD 20912). Please label your donation Small Things Matter /WES.*

Please contact Roxanne or Lana with any questions at 202-669-8550.