

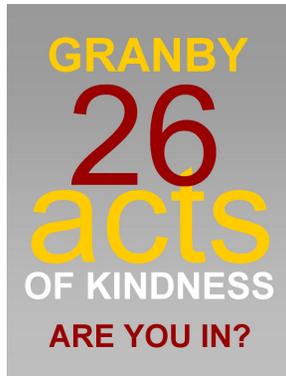
During this adverse time and the social distancing that we are all practicing, Granby Rec thought it would be a much-needed positive force in everyone's life to re-introduce 26 Acts of Kindness. The 26 Acts of Kindness movement was inspired by NBC News Correspondent Ann Curry, who in the wake of the Newtown shootings, wondered what could be done ease the pain of a nation distraught over this senseless act of violence. You can learn more about this movement from their Facebook page: 26 Acts of Kindness.

Your acts of kindness can be anything, big or small. Here is a list of some ideas:

- **Offer to pick something up at the store for someone unable to get out**
- **Donate to foodbanks – Granby Foodbank has a shed where you can drop off**
- **Offer a ski share via video call (teach knitting, guitar, dance, etc)**
- **Offer to send someone a takeaway or a meal**
- **Send a motivational text to a friend who is struggling**
- **Arrange to watch a show/movie at the same time as a friend and video call**
- **Call a friend you haven't spoken to in a while**
- **Tell someone how much you love and appreciate them**
- **Make a cup of tea/coffee for someone in your house**
- **Arrange to have "tea time" and virtually catch up with a friend**
- **Help with a household chore at home**
- **Tell someone you know that you are proud of them/thankful for them**
- **Children can read a book to a sibling or bring in a neighbor's trash barrel**
- **Send someone you know a picture of a cute animal**
- **Send someone you know a joke to cheer them up/make them laugh**

Why not let your first act of kindness be to recruit three others to participate in the program? The possibilities are endless. Please share your ideas with us.





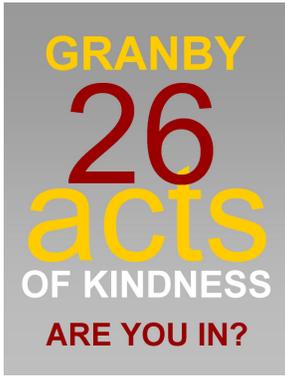
For a chance to be entered into a drawing to win a Family Membership to Salmon Brook Park Beach/Pond, please return your 26 acts to Granby Recreation via our drop box (located at the park), or take a picture of your list and attached to an email and send to: recreation@granby-ct.gov
Completed entries due by April 10, 2020. ☺

Participants first/last name(s): _____

Email Address: _____ Phone #: _____

1. _____
2. _____
3. _____
4. _____
5. _____
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12. _____





Participants first/last name(s): _____

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