

#BEKIND21

BROUGHT TO YOU BY:
PRIMARY.COM

1 Draw or color a picture and mail it to someone you miss.

2 Look in the mirror and tell yourself something you're proud of about yourself.

3 Call or FaceTime a grandparent and ask them about their day.

4 Share something you love with someone else: a favorite toy, blanket, or stuffed animal.

5 Make a treat and deliver it to a neighbor.

6 Tell a sibling something they're good at, and ask them to teach it to you.

7 Look for someone who seems sad and try to cheer them up.

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