



# Kind Acts Count Part 2!

We could all use a little more kindness right now! This activity aims to inspire kids to find even more ways of spreading kindness, especially to animals for Be Kind to Animals Week.

## Kind Acts Challenge:



There are so many ways you can be kind to animals, each other and the planet. Think of kind acts YOU can do at home right now (below are a few ideas to start.) Use the attached page to share how you made the world a better place this week! You can draw or write it down. Then we will ask everyone to post in our Facebook group either their pawprint or a photo of your kind act. Participants will be entered to win a FREE Kids Club membership!



## Here are a few examples of kind acts:

### Be Kind to ANIMALS and our WORLD

- Clean the litter box for your feline friend
- Make a DIY toy for your pet.
- Do some clicker training with your pet! Cats, rats or dogs, any pet can enjoy this game.
- Make some bee landing rocks for bees to safely get a drink.
- Make a nest helper (see last week's activities!) for the birds.
- Get out a hummingbird feeder and fill it up with nectar - boil 1/4 cup sugar in 1 cup water, allow to cool and then fill feeder. Make sure you take clean out the feeder every two days and fill it with fresh nectar.
- If you can, donate pet food to your local BC SPCA so they can share with animals in need.
- Grow something! Plant a garden or even just a pot of lettuce or radishes.
- Learn about one endangered animal this week.

### Be kind to OTHERS

- Make a sign, hearts or a rainbow to display in your window saying thank you to First Responders who are keeping us all safe.
- Thank your teacher for their hard work in teaching you from home.
- Offer to make supper for your family.
- Make and send a card to your local grocery store, thanking their staff for making sure everyone can get the food they need.
- Doing a "virtual hangout" online with a younger friend, reading them a book or doing a project together.
- Donate to your local food bank so they can share food with people who need help right now.
- Send a real letter to someone! It is so exciting to get mail these days.

# MY KIND ACT

