



KINDNESS CHALLENGE

April 13th - April 30th

SG Regional Parks and Recreation is challenging you to do acts of kindness! Between April 13th and April 30th, send us a photo to show yourself doing an act of kindness. Be sure to tell us why you chose to do this!

A random drawing will be done to determine the winner of this challenge. The winner will have their photo posted, included in the SGRPRC e-newsletter, and will receive a \$25 gift card from Kennies Market.

This challenge is open to anyone that wants to participate - adults, kids, families. Kindness not only helps others - it will make you feel good, too. During these unprecedented times, let's work together and show someone you care.

Some ideas

- Donate food to a food bank
- Make face masks for healthcare workers
- Make a thank you note and leave it in your mailbox for the mail person
- Pick up litter around your community
- Chalk your sidewalk with drawings and positive messages
- Make cards to send to residents of local nursing homes

Submit your photo through facebook or by emailing springgroverec@comcast.net
Please include the following with your photo:
Name
Mailing address
Email
Age(if under 18)
Description of your act of kindness



ONE KIND WORD
can change someone's entire day

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