

# Be Kind.

21

brought to you by:



1. Call someone you care about just to check in
2. Share a meal with someone
3. Say “thank you” to someone who makes your life better
4. Meditate and practice calming your mind
5. Start a gratitude journal
6. Volunteer with an organization in your community
7. Donate your gently used clothes or shoes
8. Switch an item to a sustainable version you use
9. Unplug for a day and take a rest from technology
10. Attend a suicide prevention training
11. Thank a first responder
12. Visit someone who needs a friendly face
13. Leave a positive note for someone to discover
14. Practice self care. Do an activity to help you relax
15. Waiting in line? Invite the person behind you to go first
16. Appreciate you! Write a love letter to yourself
17. Share a poem or song you love with someone
18. Welcome someone new to your community
19. Register to vote (or help a friend get registered)
20. Explore art in Downtown Las Vegas
21. Create a mantra or phrase to keep you motivated



At a time when our young people need examples of compassion, caring and kindness, the BeKind21 challenge creates opportunities for everyone in Las Vegas to show that kindness lives here.

The city of Las Vegas is happy to join with the Born This Way Foundation to help increase caring and kindness in our community.

– Dr. Michael Maxwell, Acting Director for the Department of Youth Development and Social Innovation

