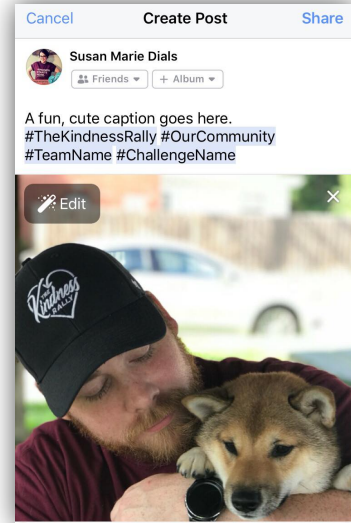
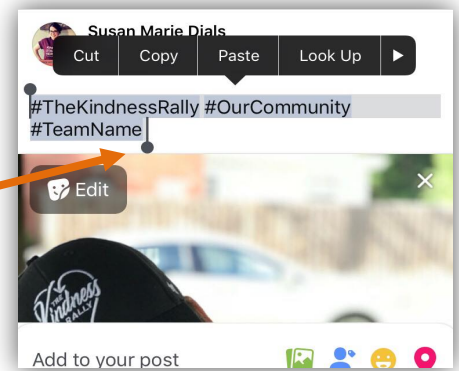




1. **#TheKindnessRally**: Teams need to include this hashtag in every post to show we are all participating in this virtual event together.
2. **#Team_____**: Remember when you made a team name on the previous page? You're going to need that here! **Come on, it's fun!**
3. **#ChallengeName**: Finally, teams need to use the **hashtag for the corresponding challenge** they have completed. **EACH CHALLENGE HAS A DIFFERENT HASHTAG 😊**.



*** **PRO TIP**: Copy the above three hashtags on your phone, so you only have to click "paste" in order to include them in your future posts (You still need to type the challenge hashtag)***



Follow #TheKindnessRally hashtag to see all the positive change created during The Rally.



If you have any questions during The Virtual Kindness Rally, message @TheKindnessRally on Facebook or Instagram! Feel free to tag @TheKindnessRally in your favorite photos!



#AppreciateYourself

Now show yourself some love. Write down what you appreciate about yourself and put somewhere you can see it everyday.

#ArtSchool

Draw or color a picture and send to your grandparents or a family member.

#AwesomeAnimals

Walk the dog or play with your pet - hey maybe even teach them a new trick!

#BeGrateful

Make a list of things you are grateful for and share them on social media.

#BeKindRewind

Write a review of The Kindness Rally on Google or the @TheKindnessRally Facebook.

#BeTheTeacher

Teach someone a new skill in a video or phone call.

#BingeWatch

What is your guilty pleasure for a show to binge-watch? Post a poll with your friends to see what people are watching during the quarantine.

#CallToAction

Look up Call/text lines to help seniors and those in need in your area – leave this information at an essential store you visit or call it yourself to see how you can help.

#CardsForHumanity

Mail a blank or decorated card to a family member and ask them to write a thank you note to give to their friend, neighbor, or family member.

#Census2020

Help our future and fill out your Census with your specific ID at my2020census.gov.

#ChalkYourWalk

Such a great idea we've seen floating around social media...Write positive messages with sidewalk chalk on your walk for fresh air!



#CleanUpCrew

Pick up trash at the park when you are out getting fresh air or walking the dog.

#ComplimentsAreContagious

Write 5 social media posts to friends or family appreciating them and sharing a favorite photo of a happy time.

#CraftItUp

Make something homemade for someone and mail it out! You can even take pictures of what you made to show your family from far away and make them smile.

#CreateYourOwn

Come up with your own acts of kindness to help spread kindness during the pandemic. Share what you came up with on social media with the #CreateYourOwn and #TheKindnessRally hashtags to inspire others to get creative, too!

#DeliveryHeroes

Post a positive note in your front window thanking the deliver driver for your deliveries.

#DinnerTime

Set the table without being asked.

#DriveThruDonation

Pay for the car behind you in the drive-thru.

#GoodGraffiti

Write what you love most about a local restaurant or business on the sidewalk out front of their location with chalk!

#GroceryGift

Give the cashier money toward the person behind you in line at the grocery store (\$5-\$10 gift card/cash to help pay for their purchase).

#GroceryGladiator

Specifically thank a grocery store worker on Yelp or Facebook/Instagram/Twitter.



#HailTheMail

Create a nice thank-you card and tape it to your mailbox for the mail carrier to see.

#HappyToHelp

Donate to a charity or fund set up to assist those in need medically and/or financially due to coronavirus.

#HardWorker

Write a recommendation letter for a friend or family member that they can use on future job searches.

#HealthcareHeroes

Specifically thank an individual healthcare worker on Facebook/Instagram/Twitter.

#HelpfulHospitals

Leave positive reviews for area hospitals or medical offices.

#HelpWanted

Post a positive recommendation or endorse a skill on a friend or teammates LinkedIn page.

#HomeworkHelp

Kids, help sibling(s) or friends with their homework. Parents/adults – Help children or friends with their homework.

#IDontWannaGrowUp

Play a game of hopscotch or another sidewalk chalk game with your family and get it on video!

#IGotThis

Clean up a mess that's not yours.

#InspireReading

Post a picture of a book you are currently reading and why you like it.

#InTheClub

Start an online book club with friends. Tag everyone “in the club” and share what book you are reading.

#InThisTogether

Donate \$5 via Venmo, PayPal, cash app, etc. to a friend who is out of work due to the virus.

#ItsFunToBeKind

Are you a Kindness Rally regular? Share a picture wearing your Kindness Rally t-shirt to encourage others to join in this virtual rally!



#ItsHobbyTime

Share your 3 favorite hobbies to do at home.

#JoinNextDoor

Join the Nextdoor app and check on your neighbors!

#KidsClean

Kids, clean your room without being asked.

#KidsGiveBack

Kids, sort through your toys and find at least five toys to donate.

#KindComedian

Tell someone a joke to make them laugh.

#KindnessMatters

Contact local organizations like food pantries to see how you can help.

#KindnessRocks

Paint a nice message or pretty picture on a rock and put in the park.

#LettersofGratitude

Write a letter to a deployed or wounded member of the military through Operation Gratitude. Soldiers say that's the most meaningful part of care packages they receive.
<https://www.operationgratitude.com/writeletters/>.

#LiveFromTheRally

Do a video post sharing what you have enjoyed/experienced in The Virtual Kindness Rally so far! Remember to share to your social media accounts and tag us!

#LoveLettersForAll

Write letters to strangers who need them. MoreLoveLetters.com has a list of people who could benefit from letters of encouragement. Each person has been added to the web site by a friend or family member. Scroll down on <https://moreloveletters.squarespace.com/the-letter-requests> and read the stories. Take five minutes to make someone's day.

#MaskMakers

Make masks for hospitals and medical facilities in need. A tutorial can be found here: <https://so-sew-easy.com/face-mask-sewing-patterns/> Please make sure to check with hospital regulations before sewing!

#NetflixWatchParty

Host a virtual Netflix Watch Party with friends to get everyone connected.



#NewTeacherAward

Kids, write a thank you letter to your new homeschool teachers – your parents, friends or family! They are trying their best, give ‘em a break.

#PeaceIsPossible

Have every team member write down 3 ways to spread peace in your community and share them with each other.

#PersonalPal

Send an encouraging private message to a friend or loved one you suspect may be having an extra difficult time right now, even though they may not have said anything to you.

#PositiveInfluence

Find a positive online training and take it! (There are many free options right now!)

#RavingReview

Leave positive reviews for essential local businesses on Google or Yelp.

#ReadingIsFun

Read your favorite book to your sibling(s) or parent.

#RespectRestaurants

Order takeout from your favorite restaurant and thank them in a Yelp/Google review! (leave photos of your delicious food!)

#RestaurantAppreciation

Specifically thank a restaurant worker on Yelp, Google or Facebook.

#RootingForYa

Make a post cheering on another individual or team from #TheKindnessRally.

#SanitationAppreciation

Leave a thank you sign on your trash can when you take it to the curb this week for sanitation workers.

#SaveTheArts

Buy something or donate to a local artist.

#SelfCare

Share a video explaining what you enjoy doing for selfcare/inner peace/anxiety reduction.

#SendPositiveVibes

Send 7 happy/positive text messages to friends and family.



#SeniorConnection

Call a senior center and chat with a random resident since they are not getting visitors at the moment.

#ShareAMeal

Share a favorite recipe for a meal made at home on your social media.

#SharingSupplies

Send supplies to a friend or neighbor in need.

#SillySelfie

Let go of some worries. Have fun today and post a selfie of you or your family being silly at home.

#SnailMail

Mail stamps to someone so they can send letters too!

#SpreadTheKindness

Post a video about why you think it's important to spread Kindness right now.

#SpringCleaning

Rake leaves or do yard work for a neighbor (and your home too)!

#StillSocial

Host a virtual social or game night with friends to connect.

#StoreSmiles

If you have to go to the store, leave positive notes around for the next person to see.

#SupportLocal

Buy a gift card to a local business (maybe send one to a friend too)!

#ThankfulForYou

Send a thank you card or email to your local healthcare providers.

#ThanksFriend

Tag a friend who means the world to you and tell us why!

#ThanksTeach

Write a thank you letter to a local teacher and email it, Send a message through your online learning platform or mail it to the school.

#ThinkingOfYou

Write handwritten letters to friends and family especially those in quarantine (be self or due to illness, government restrictions).



#TimeToConnect

Write an email to someone you haven't connected with in a while.

#TimeToDonate

Sort through storage and closets to find items to donate.

#TopNotchTeamwork

Send separate compliment for each member of your team in a text/email/chat. Take a picture of your nice messages!

#TreatYoSelf

Buy a gift card online to your favorite restaurant to use later.

#VirtualAdventure

Visit a Virtual Museum, Zoo, etc. on a virtual platform with friends.

#WatchThis

Share a favorite movie that has a positive theme to decrease negative media consumption.

#WellnessCheck

Call your grandparents/parents/neighbors/friends/elderly family and check on them. (1 point for each call!)

#WhatAreYouProudOf

Tag a friend (or 5 or 10...) and ask them to comment something they are proud of in their life or something that makes them happy. Sometimes thinking of good things makes you focus less on bad things, so help them out!

#WhatILikeAboutYou

Help us spread kindness and make others aware of our event by having each team member like the @TheKindnessRally page on Facebook and follow on Instagram.

#WhoLovesLaundry

Post a picture of your folded laundry. Together we can support each other actually doing all of the laundry and actually folding it! We got this!

#YourTurn

Let a family member pick what to watch on tv.