



OFFERING HOPE AND HEALING SINCE 1982

RANDOM ACTS OF KINDNESS CHALLENGE 40 ACTS FOR 40 YEARS!

THE CHALLENGE:

To commemorate Alternatives to Violence's 40th anniversary we are challenging the community to collectively perform 40 acts of kindness.

HOW TO PARTICIPATE:

It's easy!

- 1) Do something nice for someone. We've listed some good examples below.
- 2) Leave the ATV Kindness Card so they know your act of kindness was on behalf of Alternatives to Violence.
- 3) Take a photo of your act of kindness and share it on Facebook using the hashtag #ATV40. If you aren't on Facebook, please email the photo to development@alternativestoviolence.org. If we don't know about your act of kindness it won't be recorded!

*To print the Kindness Cards or these directions visit alternativestoviolence.org/atv-40th-anniversary

We will share all the acts we receive on the Alternatives to Violence Facebook page, website and a select few in our e-newsletter.

EXAMPLES OF RANDOM ACTS OF KINDNESS:

- Clean someone's windshield then leave the card under their wiper.
- Leave a small potted flower on a neighbor's step with the card attached.
- Put together "blessed bags" for the homeless with the card inside.
- Bake cookies for first responders, add the card to platter.
- Leave change at a vending machine with the card.
- Make a meal for a neighbor or friend who needs the help, with the card attached.
- Do a grocery run for a senior who can't easily get around, attach the card to the grocery bag.
- Pay for the person behind you at a drive-thru. Ask the cashier to hand the Kindness Card to the person to let them know their order has been paid for on behalf of Alternatives to Violence.
- Donate books to a classroom, enclose the card.

WHY?

You never know what a person is going through behind closed doors—and that could include domestic abuse. Sometimes a simple kind act could be the thing to change the course of a person's day (or even their life). It tells someone 'you matter.' You are worth doing something nice for. And sometimes, doing something nice, however small, can make a big difference in someone's life.

QUESTIONS? Please email development@alternativestoviolence.org.

