

# Northeast Georgia Federation

Contest for January 29, 2022

A good start for the new year, do as many of these acts of kindness as you are able between now and the 29<sup>th</sup>

the individual who has done the most will get a prize

the club whose total acts by members will get a special dangle.

WE WANT THIS TO BE A FUN WAY TO START THE FEDERATION'S YEAR AND A WAY TO HELP THOSE AROUND US.

January Random Acts of Kindness				Improve a skill for the new year
acts completed				1
2 help a friend	3 DONATE GLOVES/SCARVES	4 Use blankets instead of the heat	5 Smile	6 Write thank you notes for Christmas presents
7 GIVE A CARE PACKAGE	8 LET SOMEONE GO AHEAD OF YOU	9 Buy a drink for a homeless person	10 SHOVEL SOMEONE'S DRIVEAWAY	11 Say "good morning"
12 Leave a happy note	13 Do a sibling's chores	14 Make someone coffee/tea	15 HELP AN ELDERLY PERSON	16 Buy coffee for someone
17 CHEER UP SOMEONE	18 HELP SOMEONE WITH GROCERIES	19 Read a book about kindness	20 Take cookies to librarians	21 Leave money on a vending machine
22 Volunteer	23 Bake someone a pie	24 Celebrate Give a Compliment Day	25 Say thank you to someone	26 List what you're thankful for
27 Dust off someone's car in the morning	28 Walk a neighbor's dog	29 MAKE SOMEONE LAUGH	30 Help someone in need	31 Draw someone a picture