



## Kindness to Animals Week of July 6, 2020

This week our kindness activities will be focused on kindness to animals. Record your kindness activities in your Nature Journal and log them into [OCDE's One Billion Acts of Kindness](#) page. Here are some kindness activity ideas. You can choose any of these activities or come up with some of your own!

- Give your pet or a neighbor's pet belly rubs.
- Offer to clean up after your pet (pick up droppings, clean litter box).
- Offer to walk your dog or a neighbor's dog.
- Take care of your own pets without being asked to.
- Check your pet's food and water.
- Throw the ball with your pet.
- Brush your cat or dog.
- Clean your fish bowl or bird cage.
- Pick up trash so animals won't mistakenly eat it.
- Make a special treat for your pet with ingredients that are pet safe.
- Make a bird feeder for your yard. Here are some [directions](#) to make one out of a milk carton/jug.
- Build a bird house. Here are some [plans](#) for bird houses or you can buy a kit.
- Build a bird bath. Here are some [ideas](#) for bird baths.
- Build a bee bath and help these pollinators! Here are some [ideas](#) for bee baths.
- Collect blankets and towels for an animal shelter or a veterinarian's office.
- Make your pet an enrichment toy. Find or make some activities for your pet too! See the links below for ideas. There are many ideas on Pinterest as well.
  - [Bird Enrichment](#)
  - [Dog/Cat Enrichment](#)
  - [Rabbit Enrichment](#)
  - [Guinea Pig Enrichment](#)



## Kindness to the Earth Week of July 13, 2020

This week our kindness activities will be focused on kindness to the Earth. Record your kindness activities in your Nature Journal and log them into [OCDE's One Billion Acts of Kindness](#) page. Here are some kindness activity ideas. You can choose any of these activities or come up with some of your own!

use both sides of the paper before throwing it away. .

Pick up trash around your neighborhood

Try and recycle one new item

Repurpose an item that you would think to throw away

Take a nature walk and discover colors of the rainbow

Take your families' hazardous waste to the proper disposal facility in your neighborhood.

Plant something and take care of it.

unplug your devices when not in use to save electricity

Wash out your recyclables before you put them in the bin, recycle the right way.

Switch your light bulbs to the energy-efficient variety.

Wash out and dry a gently used ziplock bag and use it over again.

turn off lights and the TV when you are the last person to leave a room

Recycle whatever paper, bottles and plastic items possible.

Clean and sort your recycling.

Start a compost bin for your house.

# SUMMER DAY CAMP

## Kindness to Your Neighbors Week of July 20, 2020

This week our kindness activities will be focused on kindness to your neighbors. Record your kindness activities in your Nature Journal and log them into [OCDE's One Billion Acts of Kindness](#) page. Here are some kindness activity ideas. You can choose any of these activities or come up with some of your own!

Ask your parent(s) what you could do to help them and then do what they have asked you to do with a smile on your face and in your heart. Call your grandparents and ask them about their childhood, do a chore without being asked to do it., Set the table for dinner, help make a meal, , make someone else's bed at your house, hold the door open for anyone, let someone else ahead of you in line, tell someone how much you love them, - pull weeds, pick up random trash, water your own plants make things nice for others by picking up your toys and bikes and putting them back where they belong when you are finished with them.

Offer to go on a walk with a neighbor

Offer to do some chores for a neighbor that might need assistance

Draw a picture for your neighbors refrigerator

Pick up trash.

When you see your neighbors on the street wave to them and say "Hi."

Offer to help your neighbors with weeding or yard work

Help your neighbors by taking out their trash cans or by bringing them in.

Plant some plants to help the birds and bugs in your neighborhood.

Make a cheerful sign for your yard or window to make your neighbors smile.

Decorate your sidewalk in chalk art for the neighbors walking by.

Help clean your yard to make it more enjoyable for your plant and animal neighbors.

Donate unwanted clothes and toys to a neighborhood store or shelter.

Create a little library in your yard as a way to share books with your neighbors.

Do an extra chore to help out your family.

Call a friend you haven't spoken to for a while to just say hello

fix up your own front yard



## Kindness through STEAM Week of July 27, 2020

This week our kindness activities will be focused on how you can show kindness through STEAM (Science, Technology, Engineering, Art, and Math). Record your kindness activities in your Nature Journal and log them into [OCDE's One Billion Acts of Kindness](#) page. Here are some ideas of ways to use STEAM to show kindness. You can choose any of these activities or come up with some of your own!

Make a sign with encouraging words and put it somewhere for everyone to see.

### SCIENCE:

Do a fun science experiment with a friend or family member

### Technology

Help an elder in your life with their technology issues.

Teach a family member something new on the computer.

Offer to help teach someone how to use your favorite app or how you did school online

### Engineering

fix something at your house that you would otherwise throw away - if you can't fix it by yourself see if someone can help you, then fix it together

### Art

pick an artist and learn about them and then make a piece of art in their style - when you give it away, tell the recipient about the artist and why you thought they were cool.

write a letter to a friend or family member that you haven't seen in a while.

write a poem about them and read it to your family,

Draw a picture for a family member

Make a thank you card and use some art techniques to decorate it

### Math

If you struggle with it, just try to be more open minded about it and get some help. If you like Math and you are good at it, help someone who is struggling to understand it.