

FRIENDED

JOHN 15:15

GEMS KINDNESS CAMPAIGN CHECKLIST

Join girls everywhere in the GEMS Kindness Campaign! Here is a list of ideas for ways you can be kind, all the way from A to Z.

- A**lways say hello.
- B**ake a sweet treat for a neighbor.
- C**hoose a kind word instead of a mean one.
- D**raw a picture for someone who is sad.
- E**ncourage the next person you see.
- F**orgive with God's help.
- G**o out of your way to be kind to someone who hasn't been kind to you.
- H**elp a young mom with housework or babysitting.
- I**nvoke someone new to sit with you at lunch.
- J**am-pack your lunch bag with snacks to give away.
- K**eep your word.
- L**et someone go ahead of you in line.
- M**ake a craft and give it to someone who could use a pick-me-up.
- N**otice & draw near to those who are left out.
- O**ffer to assist someone who needs help.
- P**ush other people's shopping carts back in the cart corral.
- Q**uickly volunteer for jobs no one else wants to do.
- R**ead to an elderly friend or a little kid.
- S**peak up for those who are teased or bullied.
- T**hink kind thoughts about others.
- U**se people's names often.
- V**isit a sick friend or neighbor.
- W**rite a thank-you note.
- X**out all grumbling and gossip.
- Y**ell less, listen more.

AND LAST BUT NOT LEAST!

- Z**ip over to anyone who needs an extra hand.

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