



1. Download and print the *free* LOVED cards. Generously hand them out to people within your community or gift to the recipients of your random acts of kindness.
2. Go into your community with GEMS "You are LOVED" yard signs or homemade posters that read, "You are LOVED."
3. Smile at everyone you see!
4. Use people's names in conversation often.
5. Give a friend a hug, fist bump, or wave.
6. Put a sticky-note of encouragement on a friend's locker, backpack, or front door.
7. Make a driveway visit to a lonely friend.
8. Play a game with your parent or sibling.
9. Listen to a friend's favorite song with her and ask her what she loves about it.
10. Ask someone you don't know well a funky question, like "what's your second favorite snack?" or "what animal would you have for an exotic pet?"
11. Take a walk around the block together with a friend or family member.
12. See how many questions you can ask a person in a row, and make sure you listen to the answers!
13. Have a 30-second dance party with a friend who needs to loosen up and have a little fun.
14. Send a relative a note through the mail.
15. Text your best friend a Bible verse personalized with her name in it.
16. Listen to someone without interrupting, and ask a follow-up question!
17. Send an anonymous gift card to someone you know who needs cheering up.
18. Spend 10 minutes every day for a week praying for someone else.
19. When someone asks, "Is this seat saved?" say, "Yes! For you!" (No matter who she is!)
20. Push stray shopping carts into corrals when you go to the store.
21. Pick up trash whenever you see it on the ground.
22. Ask someone, "How can I serve you today?" and be willing to follow up with that person!
23. Be kind to someone who frustrates you.
24. Get to know a friend better by taking a quiz with her from the ReFyne app (refyne.org).
25. Make a playlist for a friend with songs you think she'd like.
26. Lend your favorite book to a friend and put notes in the margins for her to read.
27. Call or text someone and tell them you love them.
28. Give a compliment to someone you don't know.
29. Use your manners and make sure to say "please" and "thank you."
30. Write a poem, draw a picture, or craft something for a neighbor.
31. Bake a treat and bring it to a neighbor you haven't met yet. (Make sure a grown-up goes with you.)
32. Pack extra snacks to give away to classmates who might be hungry or forgot to pack their lunch.
33. Take a screenshot of a devotional meme in the ReFyne app (refyne.org) and text it to a friend.
34. Read a book to someone much younger or older than you.
35. Donate your babysitting or birthday money to someone in need.
36. Visit someone who is sick or lonely.
37. Write a note to encourage a military family.
38. Donate clothes, toys, and other things you no longer need to someone who could use them.
39. Thank a parent, bus driver, teacher, or coach.
40. Offer to help someone without being asked.
41. Refuse to join in on gossip, no matter how tempting it is.
42. Stick up for someone who is getting bullied.
43. Plan a fun afternoon for a friend with all her favorite things.
44. Learn how to say, "You are LOVED." in 3 different languages, and say them all to others!
45. Choose to go last in line.
46. Buy someone a smoothie or small treat just because.
47. Teach someone a skill you know how to do, like braid hair, shoot hoops, paint nails, or conduct an experiment.
48. Be open to making all kinds of new friends!
49. Follow through on a promise you make to someone.
50. Make a heart with your hands and tell someone, "You are LOVED."