



# ACTIVITY IDEAS

## **DAY 1 / Speak Love**

***Monday we will focus on speaking words of kindness and compassion.***

Here are some ideas for getting involved:

1. Write someone a handwritten thank you note
2. Tell someone how awesome they are
3. Make a positive post on your social media
4. Send an encouraging text or email
5. Display a helpful sign in your home or workspace
6. Give someone a compliment face to face
7. Write a positive review for a business you love
8. Draw positive messages in your neighborhood with sidewalk chalk
9. Leave an inspiring message on someone's desk
10. Call someone to tell them you love them

## **DAY 2 / Spread Love**

***Tuesday we will focus on doing random acts of kindness.***

Here are some ideas for getting involved:

1. Do a chore in your home that you do not usually do
2. Let someone go ahead of you in line
3. Pick up trash at school or in your neighborhood
4. Pay for someone else's meal
5. Open the door for someone
6. Tell a joke to make others laugh
7. Leave change in a vending machine
8. Return someone's shopping cart at the store
9. Smile and wave to others
10. Start a conversation with someone you don't know

### **DAY 3 / Showcase Love**

***Wednesday we will focus on highlighting organizations and people who help others.***

Here are some ideas for getting involved:

1. Make a social media post about a group that serves others
2. Post a picture of you with a person who has helped you in life
3. Share the link to a charity's website
4. Take a thank you note or gift basket to first responders
5. Tell others personally about a nonprofit group that you love
6. Research community action groups in your neighborhood
7. Brag about a teacher to your principal
8. Study the life of a historic figure who changed the world
9. Compliment people that you see being helpful in your class
10. Watch interviews with our Love Week partner nonprofit organizations:
  - Magic City Woodworks: <https://www.youtube.com/watch?v=rzzlgeZHNsg>
  - Magi Hope: <https://www.youtube.com/watch?v=6kDysaTMVsg>

### **DAY 4 / Send Love**

***Thursday we will focus on helping others in tangible ways.***

Here are some ideas for getting involved:

1. Make a card or bracelet for U.S. troops ([operationgratitude.com](http://operationgratitude.com))
2. Donate blood with LifeSouth ([lifesouth.org](http://lifesouth.org))
3. Register to become an organ donor ([organdonor.gov](http://organdonor.gov))
4. Join the bone marrow donor registry ([bethematch.org](http://bethematch.org))
5. Make dinner or organize a meal delivery to essential workers ([mealtrain.com/essential](http://mealtrain.com/essential))
6. Donate items you don't need to a charity resale shop
  - Goodwill Gulf Coast ([gesgc.org](http://gesgc.org))
  - Salvation Army of Coastal Alabama ([salvationarmyalm.org/coastalalabama](http://salvationarmyalm.org/coastalalabama))
  - Waterfront Rescue Mission ([mobilerescuemission.org](http://mobilerescuemission.org))
7. Make a monetary donation to fund a non-profit organization
  - Housing First ([hfal.org](http://hfal.org))
  - L'Arche Mobile ([larchemobile.org](http://larchemobile.org))
  - Penelope House ([penelopehouse.org](http://penelopehouse.org))
8. Volunteer your time to a group that serves others
  - Animal Rescue Foundation ([animalrescuemobile.org](http://animalrescuemobile.org))
  - Feeding the Gulf Coast ([feedingthegulfcoast.org](http://feedingthegulfcoast.org))
  - Habitat for Humanity Southwest Alabama ([habitatswalabama.org](http://habitatswalabama.org))
9. Provide items on an organization's wish list
  - Alabama Baptist Children's Home ([alabamachild.org/needs](http://alabamachild.org/needs))
  - Camp Smile ([campsmilemobile.org/needs-list](http://campsmilemobile.org/needs-list))
  - Ronald McDonald House ([rmhcmobile.org/volunteer/wish-list/](http://rmhcmobile.org/volunteer/wish-list/))
10. Buy gifts that make the world a better place
  - Light of the Village ([lightofthevillage.org](http://lightofthevillage.org))
  - Magic City Woodworks ([magiccitywoodworks.org](http://magiccitywoodworks.org))
  - Maji Hope ([majihope.org](http://majihope.org))

## **DAY 5 / Seek Love**

***Friday we will focus on loving oneself through self-care.***

Here are some ideas for getting involved:

1. Celebrate your strengths talents and passions
2. Do something that makes you feel happy
3. Eat healthy and drink plenty of water
4. Relax, take a nap, and get plenty of sleep
5. Stay active by playing a sport or exercising
6. Spend time laughing and having fun with people you love
7. Express your thoughts or feelings through writing or art
8. Spend time in nature by walking or watching a sunset or sunrise
9. Do your favorite childhood activity like flying a kite or playing hide and seek
10. Disconnect from destructive behaviors, toxic relationships, and negative influences

### **CONNECT**

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