



Want to see the difference a little kindness and compassion can make in the world around you? **Be a part of 30 Days of Caring.** It starts with you and your commitment to one simple, thoughtful act of caring every day for the next few weeks.

WAYS TO SHOW YOU CARE

- Mail a card or letter
- Drop off a note or treat
- Send a message online
- Call or text
- Say kind things in the moment, in person

10 DAYS OF APPRECIATION

- ☐ Who deserves a thank you?
- ☐ Who goes out of their way to be thoughtful?
- ☐ Who is great with kids—yours or someone else's?
- ☐ Who are you feeling personally grateful for?
- ☐ Who makes hard stuff seem easier?
- ☐ Who has inspired you to be better?
- ☐ Who do you call when you need help?
- ☐ Who's a compassionate caregiver?
- ☐ Who is your rock?
- ☐ Who gives you unconditional love?

10 DAYS OF ENCOURAGEMENT

- ☐ Who needs a pep talk?
- ☐ Who's had a big win?
- ☐ Who's great at being a grown-up?
- ☐ Who's making healthy life changes?
- ☐ Who might not get much mail?

- ☐ Who is quietly, consistently good at what they do?
- ☐ Who needs to hear they're a great parent?
- ☐ Who needs to know they're an awesome kid?
- ☐ Who could use a reminder of their own worth?
- ☐ Who stands up for what they believe in?

10 DAYS OF SUPPORT

- ☐ Who might be feeling a little lonely these days?
- ☐ Who could use a virtual hug?
- ☐ Who has been in your prayers?
- ☐ Who's dealing with family issues?
- ☐ Who is on a healthcare journey?
- ☐ Who's going through a life change?
- ☐ Who's carrying a heavy emotional load?
- ☐ Who's struggling with a hard choice?
- ☐ Who's missing a loved one?
- ☐ Who needs something only you can give?

For more creative ideas about things to do and say, visit Hallmark.com/30DaysofCaring

We would love to know how your 30 Days are going.
Please share your stories with us online. **#30DAYSOFCARING**