

Build, Inspire, & Grow Kindness



Join The Kindness Movement

**It's easy to participate:**

- 1) *Get the Gear:* [Buy](#) your Grow Kindness shirt (for yourself or for family or friends) and when you buy a shirt, you will receive a list of suggested volunteer ideas and opportunities, from The Kindness Connection.
- 2) *Volunteer:* Pick an activity – and there are many different kinds – from helping an elderly neighbor take his garbage out to cleaning a playground. The only mandate is that it must be meaningful to you, and you should complete it when it works for you.
- 3) *Grow Kindness:* Join the “Grow Kindness with TKC” Facebook page and post photos of you volunteering, feeling proud and having fun too – and that inspire others to join the Grow Kindness Movement (don't forget to wear your shirt).

*\* T-shirts will be delivered by April 15<sup>th</sup> to kick off National Volunteer Week*