

Family Faith Meeting # 1 Follow Up Activities

How do you
DEFINE
Kindness?



The theme for this month is KINDNESS .

Here are several choices of "Better Than Yesterday" challenges for your family to accomplish to experience performing an act of kindness. Please use the link below (or on the website) to let us know which act of kindness your family chose to do and what EACH of you learned from this experience. You can choose as many as you would like. Submission link : <https://stbernardrc.ccbchurch.com/goto/forms/92/responses/new>

Options appropriate for Adults or to do as a whole family.

#BetterThanYesterday225

**BUY A SMALL GIFT FOR
SOMEONE YOU CARE
ABOUT OR WANT TO
SHOW APPRECIATION FOR.**

*Express love and appreciation for someone
in your life.*

#BetterThanYesterday92

**DONATE A COUPLE OF
ITEMS FROM YOUR
WARDROBE THAT YOU
NO LONGER WEAR.**

*Giving and providing support to others feels
good and actually makes a difference.*

#BetterThanYesterday176

**SAY GOOD MORNING TO
FIVE PEOPLE TODAY.**

*Push yourself out of your comfort zone with
the simple act of greeting a stranger.*

#BetterThanYesterday30

**LET SOMEONE CUT
YOU IN LINE.**

*Small acts of selflessness remind you of
your ability to impact the world around you.*

#BetterThanYesterday199

**HOLD THE DOOR OPEN
FOR A STRANGER TODAY.**

A small act of kindness can go a long way.

#BetterThanYesterday112

**GIVE A MEAL TO A
HOMELESS PERSON, OR
DONATE FOOD TO A
LOCAL FOOD BANK.**

*Placing someone else's needs over your
own is something we can all do.*

#BetterThanYesterday177

**CALL SOMEONE YOU
LOVE AND TALK WITH
THEM TODAY.**

*No matter how busy your life might get, make
time for the people you care about.*

#BetterThanYesterday253

**SAY "I LOVE YOU" TO
THREE SPECIAL PEOPLE
IN YOUR LIFE TODAY.**

*Saying "I love you" reinforces your
relationships and creates a strong
emotional connection.*

#BetterThanYesterday31

**SEND A THANK-YOU NOTE
OR TEXT TO A FRIEND,
AND THANK THEM FOR
ALWAYS BEING THERE
FOR YOU.**

*Showing gratitude releases endorphins
and helps you think more optimistically.*

#BetterThanYesterday110

**WRITE AND MAIL A CARD TO
A FRIEND OR LOVED ONE.**

*There's something intimate about writing a
physical card to someone you care about.*

#BetterThanYesterday336

**TEXT THREE PEOPLE AND
TELL THEM WHY YOU'RE
PROUD OF THEM.**

*Your friends are your friends for a reason!
Be proud of them and their accomplishments.*

#BetterThanYesterday3

**REACH OUT TO A FRIEND
YOU HAVEN'T TALKED TO
IN A LONG TIME AND
CATCH UP WITH THEM.**

*It's easy to get caught up in your busy
life—remember the people you grew up with.*