

**This week, we are encouraging everyone to engage in new acts of kindness!**



## Challenge: Spread Kindness

Think of some new ways you can lend a helping hand to someone, connect in a new way, or make someone's day with a happy thought! There are so many ways to spread kindness, here are a few you could try!

- Write a letter to a friend or family member you haven't chatted with in a while
- Help a neighbor with a household chore
- Volunteer at or donate items to an animal shelter
- Become a pen pal with a resident at a senior center
- Smile and say hi to 5 people you don't know
- Write a thank you or leave a treat for a delivery person, mail carrier, or garbage collector
- Write a list of things you love about a friend, family member, or neighbor and give it to them!

We'd love to see you completing the activities! If you would like, please share a picture of your helping hand activities that we can share on social media! Please e-mail pictures to: [zoologyfoundation@gmail.com](mailto:zoologyfoundation@gmail.com)

# ZoFo Connect

July 31, 2020



Be kind whenever possible. It is always possible.  
- 14th Dalai Lama

### Did You Know?

Ever heard the phrase "stop and smell the roses?" Studies show that surrounding yourself with floral scents actually makes you happier!

