

the

#KIND20

WEEK



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Welcome to our Week of Kindness!

Each day is a new opportunity to make a difference- when has the world needed Kindness more?

To celebrate our week, we'd love if you join our daily activities to spread kindness amongst your family, friends, and everyone around you!

The #KIND20 Global Initiative is a campaign which aims to unite humanity through kindness.

Let's come together as one, take the pledge of kindness and make the most of this week by showing us your different Kinds of wonderful!

We'd love to know about your stories and activities as the week progresses, so do get in touch by using #KIND20 on your posts or reaching out on one of our social media handles. Have a lovely and kind week!



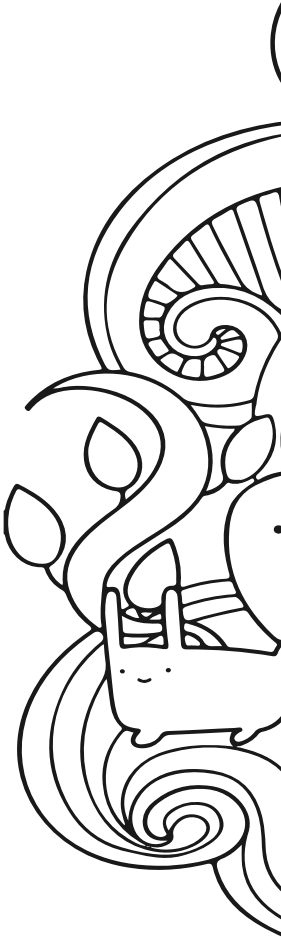
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Let's get started!

Add your dates,
Paste the stickers
below to keep a
kind-track as you go!

Mindful Monday	Thankful Tuesday	Welcoming Wednesday	Thoughtful Thursday
Family Friday	Supportive Saturday	Selfcare Sunday	Magnanimous Monday



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Mindful Monday

Fill this drawing in with colour and kindness, and send it to someone you love.

Let your imagination run wild!

We'd love to see what you create! Share your artwork with us by using #KIND20!



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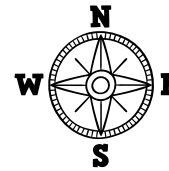


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Thankful Tuesday

Our Thankful-Tuesday-Treasure Hunt is sure to lift your spirits! Follow the list alongside and think about the things you appreciate the most everyday.

Found something special? An old storybook, favourite person or the sweetest smelling flowers? Share a picture of what you are most grateful for.



Thankful Tuesday Treasure Hunt

1. Find something that tastes good
2. Find something that makes you laugh
3. Find something that is your favourite color
4. Find something you know someone else will enjoy
5. Find a place that you love 
6. Find a friend / animal that you enjoy spending time with
7. Find something that reminds you of someone you love
8. Find something you're proud of
9. Find something that makes a beautiful sound
10. Find something that makes you feel safe

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Welcoming Wednesday

Welcome a new family member
this Wednesday - Grow a plant!
It is much simpler to use kitchen
scraps to grow your own vegetables
than you might imagine.

Here are some you could use:

Tomato:

- Tomatoes can be grown just by saving those seeds.
- You must rinse the seeds and allow them to dry.
- Plant in a good, rich potting soil until you notice growth coming in.
- Allow the seeds to get a few inches high before transferring them outdoors.
- During cold weather you can grow your tomatoes indoors. Just remember to keep them in an area that gets plenty of sunlight and water a few times each week.

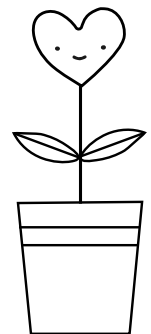
Potato:

- Potatoes can be grown from potato peelings.
- Cut those peelings into two inch pieces.
- Allow them to dry out overnight and then simply plant them about four inches deep in your soil.
- It will take a few weeks before you see the potato plant begin to grow.

Leafy Vegetables:

Leafy vegetables such as Lettuce, Bok-Choy and cabbage are relatively easy to grow from your leftovers. Instead of throwing out those leftover leaves, simply place them in a bowl with just a bit of water in the bottom. Keep the bowl somewhere that gets good sunlight and mist the leaves with water a couple of times each week. After 3 or 4 days, you will notice roots beginning to appear along with new leaves. When this happens you can transplant your lettuce or cabbage in soil.

**Sow seeds of kindness wherever
you go! Share your process and
growth with us by using #KIND20**



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Thoughtful Thursday

Bake or Make something for your neighbours, sometimes it is so simple to show people you care. Cooking might not be your superpower, but these easy recipes are sure to make you a Masterchef!

Here are our suggestions:

1. Two-ingredient chocolate soufflé

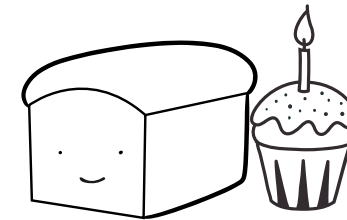
½ cup chocolate hazelnut spread(150 g)
2 eggs:

Preheat the oven to 375° F (190° C).
Separate the egg yolks from the egg whites and place into two bowls.
Mix the chocolate hazelnut spread into the bowl with the egg yolks.
In the second bowl, whisk 2 egg whites until stiff peaks form.

Fold ⅓ of the whipped egg whites into the chocolate/egg yolk mixture until fully incorporated. Add the remaining egg whites to the mixture and fold gently, but thoroughly, until the mixture is smooth.
Pour the mixture into a greased ramekin. Clean the rims so the soufflé rises evenly, and bake for 15-17 minutes.
Serve immediately.

2. Banana bread

3 ripe bananas
⅓ cup butter(75 g), melted
½ cup sugar(100 g)
1 egg, beaten
1 teaspoon vanilla extract
1 teaspoon baking soda
salt, to taste
1 ½ cups all-purpose flour(185 g)
½ cup mini chocolate chips(85 g)



Preheat oven to 350° F (180° C).
In a bowl, add the bananas and mash until smooth. Add in the melted butter and stir until well combined.
Add the sugar, egg, vanilla, baking soda, salt, and flour, and stir until the batter is smooth.
Add in the chocolate chips and pour the batter into a greased loaf pan. Top with additional chocolate chips.
Bake for 50 minutes to an hour, or until a toothpick comes out clean.
Cool completely before serving.

**Show us what you baked
with love, by using #KIND20**



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Family Friday

Plan a virtual playdate or games night with your family and play our Kindness Bingo!

You've made it so far!

We'd love to know the amazing #KIND20 Kindness Champions in our midst! Share your Bingo cards with us by using #KIND20. We hope you enjoy games night!



#KIND20 Kindness Bingo

Asked someone about their day	Complimented a stranger	Held the door open for someone
Let someone in a rush go ahead of you in a line	Made a thank you card for someone	Texted a friend saying you appreciate them
Recycled old newspapers, bottles etc.	Donated food or clothing to someone in need	Offer to help before being asked
Help make dinner	Taken care of your pet or been kind to an animal	Written a compliment note to someone



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Supportive Saturday

Sometimes kindness is in the most unexpected places!
Using these steps, make an origami heart with a message and leave it in your neighbourhood for someone to find. You never know who's day you are about to make!



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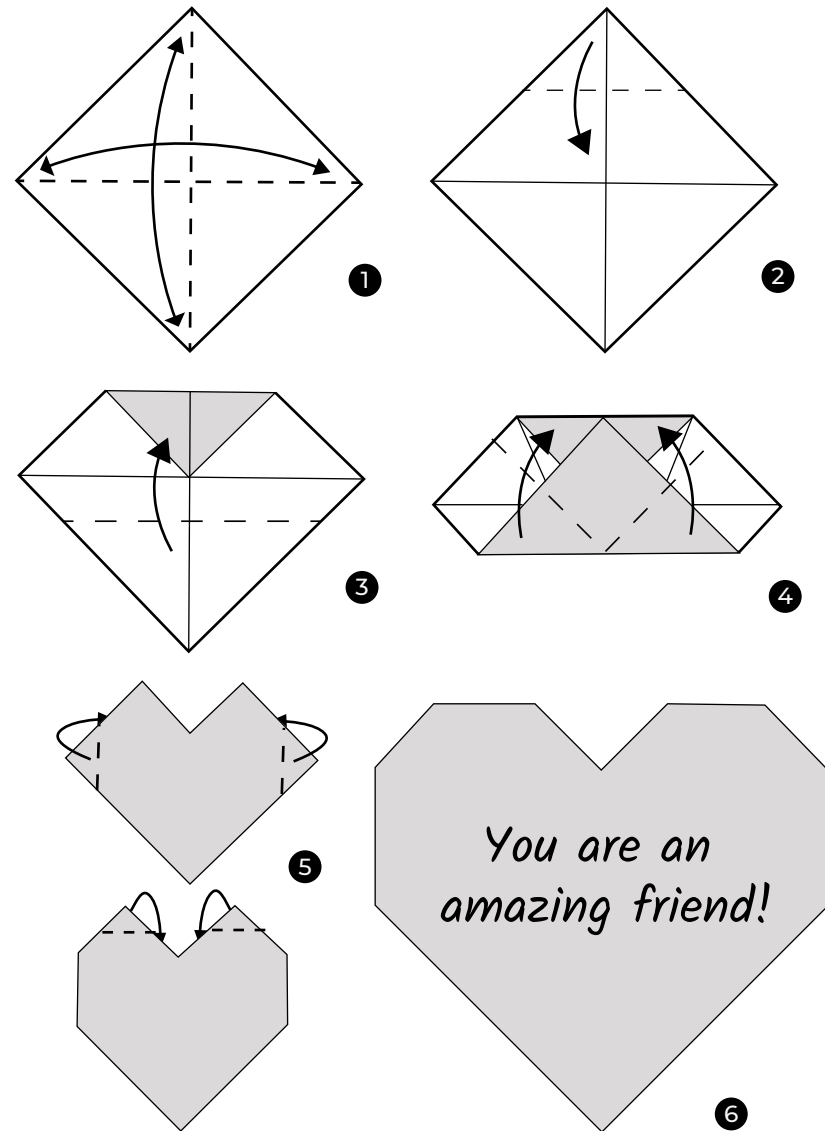


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Share your super heart-work with us by using #KIND20!



Self Care Sunday

Enjoy your Sunday listening to our feel good playlist, boost your mood while doing chores, family yoga or just lounging on the couch! Scan the code on the right, and just relax- that's what Sundays are for!



What are your plans this Sunday? Share your round up for the week by using #KIND20



Hymn for the Weekend - Coldpay
A Head Full of Dreams



All You Need Is Love
The Beatles
Yellow Submarine



Happy
Pharrell Williams



Together As 1
Jimmy Coburn



SCAN THE QR CODE OR
GO TO bit.ly/2Qys8eb

Magnanimous Monday

Thank you for being on this journey with us. Its been a fullfilling week! We are positive that by your actions, you have made a difference and we are one step closer to making the world a better, kinder place.

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Upload your completed calendar on your social media using #KIND20 and tagging us, or

Email us at
kierstyn@kind20.com

And get featured on our page and receive your #KIND20 Champion Award Certificate!

