



30 DAYS OF KINDNESS CHALLENGE

TURN GOOD INTENTIONS INTO EVERYDAY ACTIONS

Throughout the month of August, participants will be encouraged to complete intentional acts of kindness that promote civility, empathy, inclusion, civic responsibility, and community engagement. Below are the daily topics that will be shared with the SSC community.

1ST

Welcome someone new to campus or your workplace.

2ND

Hold the door open for others.

3RD

Write a thank-you note to someone that you appreciate.

4TH

Introduce yourself to someone you do not know.

5TH

Leave an encouraging note for a classmate, colleague, or friend.

6TH

Share information about a campus resource that may help someone.

7TH

Donate a nonperishable item to the Bulldog Market or C.A.R.E.s. Closet

8TH

Compliment someone on their effort or achievement.

9TH

Practice active listening during a conversation.

10TH

Send a positive text or email to someone who has made a difference in your life.

11TH

Support a campus event or a community organization activity.

12TH

Pick up litter and help keep campus clean.

13TH

Thank a public service professional, security officer, custodian, or first responder.

14TH

Share words of encouragement on social media.

15TH

Invite someone to join you for lunch, coffee, or conversation.

16TH

Learn about a culture different from your own.

17TH

Recognize a community member making a positive impact.

18TH

Offer assistance to someone who needs help.

19TH

Attend a campus/ community program and engage respectfully.

20TH

Share a message promoting kindness, inclusion, or respect.

21ST

Express gratitude to a mentor or instructor.

22ND

Encourage someone pursuing a goal.

23RD

Practice respectful disagreement.

24TH

Thank a veteran, service member, or community volunteer.

25TH

Support a local business or community organization.

26TH

Volunteer at a community organization.

27TH

Participate in the Civility in the Digital Age discussion.

28TH

Complete the Civility Challenge Scavenger Hunt.

29TH

Share one lesson learned during Civility Awareness Month.

30TH

Commit to one act of kindness you will continue beyond August.

CIVILITY AWARENESS MONTH

