



#ShareKindness as a family

> NBCUniversal is challenging both ourselves and the American people to #ShareKindness to close out 2016. Every day we see individuals going above and beyond in their day to day lives to be kind to one another, and we want to celebrate this kindness together. We also want to make a concerted effort to show kindness in this moment as we approach the holiday season and step away from a divisive election season.

Here are some ways you can #ShareKindness in your life:

Simple:

- Invite someone who may be lonely to Thanksgiving or a holiday dinner with your family
- Sit down to dinner with your family and each give appreciation for one another
- Make a meal as a family and deliver it to a sick or elderly friend
- Leave a family holiday card in the mailbox for your mail carrier
- Go through your house's bookshelves to find old or unwanted books. Donate these to your local library
- Have each family member write a letter to someone outside the family who made a difference in their life. If possible, send these letters. Otherwise, read them out loud to each other
- Call a grandparent or other member of extended family whom you don't see very often
- If your family receives especially good service at a restaurant, ask to speak to a manager and tell him or her what a good employee the waiter/waitress is
- Bake some holiday cookies as a family and bring them to your child's class or share with your neighbors
- Collect old or unwanted toys and donate them to a children's hospital
- Resolve not to complain about something that normally upsets you, and gently remind each other of this resolution when you slip up
- Tape quarters to the vending machine at your local park so the next person can enjoy a treat on your family

Go the extra mile:

- Volunteer to babysit as a family for a young couple so they can have a night on the town
- Help a neighbor put up their Christmas decorations
- Spend a day cleaning up trash on the beach or in a neighborhood with too much litter
- If you have long hair, donate some of it to a foundation that makes wigs for cancer patients
- Host a holiday party
- Volunteer as a family for a day at a local soup kitchen
- Donate blood if you are able

Doing something kind for someone? Give them a Kindness Card to encourage them to pass it on. Together we're creating a season of kindness, and we want it to spread far and wide!



Nominate
an Act of Kindness

