

K IS FOR KINDNESS

Mr. Rogers from the Mr. Rogers' Neighborhood once said, "look for the helpers," when things get scary and you can find comfort in the fact that good things are being done to counter the bad. Over the last few months, things have been pretty scary. Even though much has changed, Roger's words ring true. We can take comfort in knowing that doctors, first responders, grocery store clerks, military personnel and many others are working hard to keep all of us safe. Don't forget that you can be one of those helpers too! No uniform required.

In addition to kindness being the right thing to do, did you know that science shows being kind to others has positive health benefits?

CHECK OUT THIS VIDEO. There is no losing when you are kind to others, so let's help spread kindness in the communities where we live and work!

Activity:

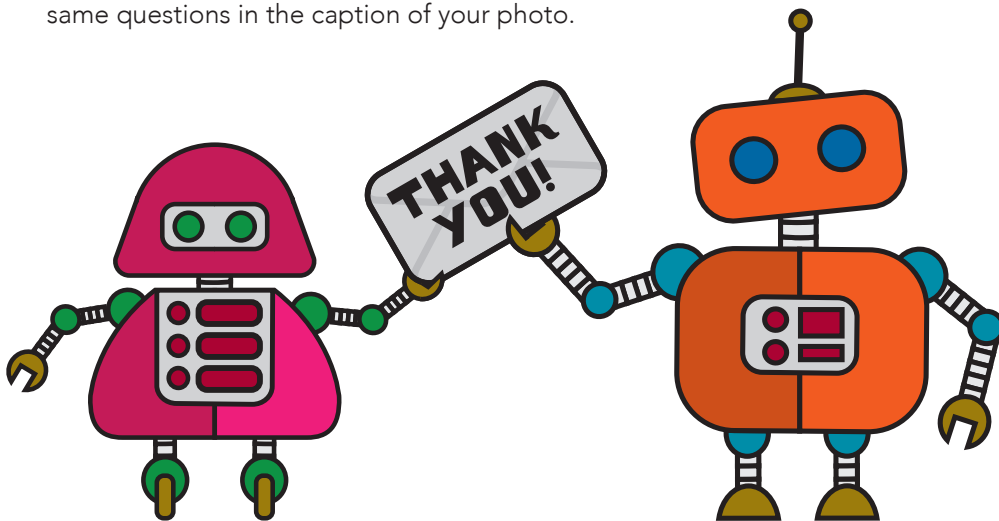
PART 1:

Do one or more of the random acts of kindness below.

PART 2:

Draw a picture of the activity from Part I. Tell us what the activity was, why you picked it, how you think it made the recipient feel, how it made you feel and would you do it again.

If you want, you can take a picture instead of drawing, but be sure to answer the same questions in the caption of your photo.



Directions:

1. Follow the instructions for Part 1 and Part 2 of this activity.
2. Take a photo of Part 2 of this activity - post using your parent/guardian's social media account.
Methods for posting:
 - ▶ Go to the Leidos Twitter or Facebook page. Find this week's activity post and reply to the post.
 - ▶ Post a photo to your personal social media accounts. Be sure to tag @LeidosInc (@Leidos on LinkedIn) and #LeidosJrInnovator. Your post must be public for us to see it.
3. In the caption please include your first name and school grade or year.
4. Enter to win no later than Sunday, May 24th, at Midnight (EST).
5. *Stay tuned to see who wins.*

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PART 1:

Activity: Choose one of the eight activities below.

TIC-TAC-WHERE

A simple game of tick-tack-toe can really put a smile on someone's face. Organize a time to play tick-tack-toe on the window of someone who cannot come outside at this time. Grab two dry erase markers and a cloth and have fun!

SMILE, IT'S IN THE MAIL

Who doesn't love getting something colorful and kind in the mail? [PROJECT SMILE](#) has made it their mission to deliver mail to those in need of a smile. Make cards to send to them so they can forward your smile along.

REMASKABLE

Make face masks for others (e.g., medical professionals, grocery store workers, etc.). You may need a little extra help from your parent/guardian on this one. There are many ways to create one. [JOANN FABRICS](#) is a good place to start!

YOU'VE GOT MAIL

Make a Grandfriend. Many residents of assisted living facilities are unable to receive visitors. So now is the perfect time to get connected and make a new friend. [CLICK HERE TO FIND OUT HOW](#)

CHALK IT UP

Do you have sidewalk chalk or a window that your neighbors can see when they pass by?

Draw a happy picture or write an encouraging message for your neighbors.

THINK OUT OF THE BOX

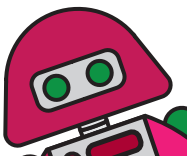
Find a creative way to say thank you to those who make your day possible. For many, using delivery services keeps us safe at home. Thanking your delivery professional and sharing with them how their hard work affects you can remind them that they are appreciated.

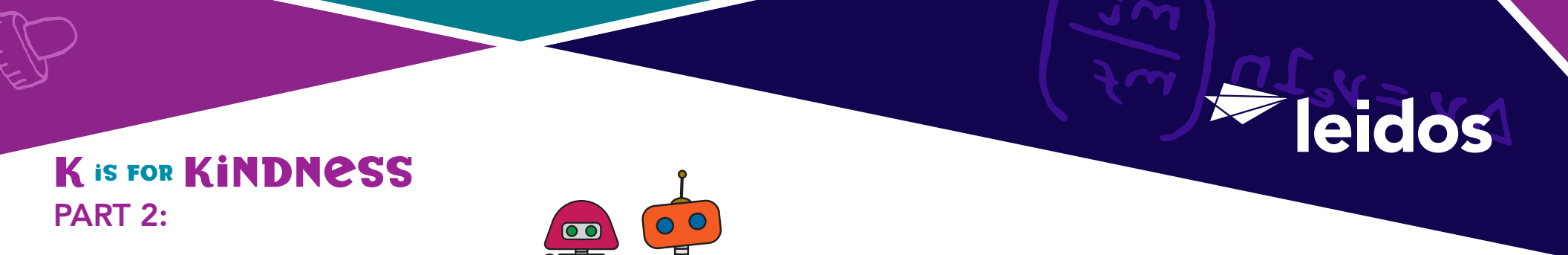
SHHH....

You can even sneak in a random act of kindness for your parents/guardian/mentor. We are quite sure they would appreciate it. Something as small as a little positive note, a drawing, or even helping around the house can mean a lot!

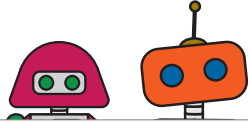
DON'T SEE ONE YOU LIKE...

Check out this [website](#) to find tons of other suggestions even though we are not able to do some of the things we normally do.





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PART 2:



What was the activity?

Why did you pick this act of kindness?

How do you think it made the recipient feel?

How did it make you feel?

Might you do this again in the future?
