THE PERIODIC TABLE OF KINDNESS

F Forgive										PT Plant a Tree
J Journal	W Workout						L Listen	PF Phone a Friend	ST Say Thanks	SF Smell Flowers
M Mindful-ness	KR Keep Routine	S Sing	MF Media Fast	B Bingo	C Concert	CK Cookies	DM Donate Masks	HP Have Patience	WL Write Letters	CF Compost Food
PS Pillow Scream	TW Take a Walk	EH Eat Heathy	RB Read a Book	RP Reenacnt a Play	SK Skill Share	CP Care Packages	WH Wash Hands	DH Don't Hoard	LY Say I Love You	WP Water Plants
WP Write a Poem	BD Breathe Deeply	PG Practice Gratitude	FD Friend Date	SL Sing-a-Long	DP Dance Party	DG DIY Gifts	CM Correct Misinfor-maion	SH Stay Home	AK Do Acts of Kindess	PG Plant a Garden
RS Remember Strengths	SP Stay Positive	CS Coping Skills	TS Talent Show	BC Book Club	FR Family Reunion	D Drawings	DEE Do Elders' Errands	TMW Thank Medical Workers	WS Wave at Strangers	PMO Play Music Outside

WM Window Messages	CN Sidwalk Chalk Notes	SL Secret Letters	GP Give Away Plants	YB Yarn Bomb	GH DIY Gnome Homes	DTC Drive-Thru Chat

Interpersonal

Self Care

Online Gathering Ideas

Things to Snail Mail

Community

Nature

Neighborhood Engagements

Hannah Rothstein
@HROTHSTEINART