

# TIPS ON HOW TO **BE KIND** TO OTHERS

## 1. SHOP FOR SOMEONE

If you're going to the grocery store, pick up items for a high-risk neighbor who might not be able to leave their home.

## 2. DONATE

Make a donation of money, supplies, or time to a cause you care about.

## 3. SHARE A MEAL OR TREAT

Make an extra entrée or cookies and share it with a friend or neighbor.

## 4. POSITIVE REMINDERS

Talk to your children remind them of the things they are doing to take care of themselves, like washing hands and staying 6 feet away from others.

## 5. SEND A NOTE

Send or deliver a "thinking about you" note or card to a friend or family member. This may be especially helpful for friends and family who are isolated.

## 6. HELP WITH CHORES

Mow a neighbor's grass. Do a chore at home that isn't normally assigned to you.

## 7. PRACTICE PATIENCE

Let's all work on having a little more patience with our loved ones, co-workers and ourselves during this time. In doing so, you will be able to invest meaningful time in your relationships without giving up or giving in.

## 8. RANDOM ACTS OF KINDNESS

Buy a drink for the person behind you in the drive-thru. Go on a walk and pick up litter. Give a compliment.

## 9. RECONNECT

Reach out to someone who's alone or who you have lost touch with.

## 10. LEND AN EAR

Understand others may be uncertain or scared. Listen to them.



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