






Kindness every day in May

Spread a little love this spring! Focus on your mental health – or support someone on their mental health journey – by choosing one act of kindness or self-care to do each day in May. Remember to share our spring *Round Up!* campaign at every party, and show us how you're spreading kindness this month by using **#jointhemovement** on social media.

1		Try to get 7 to 8 hours of sleep tonight.
2		Send mail to someone who has positively impacted you.
3		Try not to complain today.
4		Let a co-worker know how much you appreciate them.
5		Set aside 10 minutes for prayer or meditation today.
6		Get outside and take a walk in the fresh air.
7		Pamper yourself with a face mask or manicure.
8		Make a list of 10 things you are grateful for.
9		Say hello to everyone you see today.
10		Limit screen time for the day.
11		Have your own 3-minute dance party.
12		Post a nice comment on someone's social media.
13		Text a friend you haven't seen in a while.
14		Take a bubble bath.
15		Watch a funny TV show.
16		Play with your pet.
17		Buy coffee for the person behind you in the drive-thru line.
18		Prepare dinner together as a family.
19		Declutter your desk.
20		Make a list of 3 goals for the year.
21		Send an empowering message to your team.
22		Try yoga or another form of exercise.
23		Leave a surprise gift for a neighbor.
24		Read inspirational quotes.
25		Spread the word on social about a small business or organization you love.
26		Learn something new today!
27		Make a dream board for your next big adventure.
28		Send a care package or note of support to a teacher or healthcare worker.
29		Share the <i>Round Up!</i> campaign at your party.
30		Leave a 31% tip on your next carryout order.
31		Revisit a hobby or activity you loved as a child.
<div>  <p>Be the Give This spring, both you and your Customers can join us as we support the movement to transform children's mental health. There are two great ways to support this cause:</p> <ol style="list-style-type: none"> 1. Share our <i>On Our Sleeves™</i> collection. \$1 from each <i>On Our Sleeves™</i> Cinch Sac and Zipper Pouch and 50 cents from each Keepsake Journal and Smile Icon-It™ benefits the <i>On Our Sleeves™</i> movement. 2. <i>Round Up!</i> Rounding up is an easy way to help support the movement to transform children's mental health. </div>		