

MAYOR  
STEAR'S  
2023

# KUNA KINDNESS CHALLENGE



NAME:

EMAIL:

PHONE:



## ACTS OF KINDNESS BINGO - ADULT

Smile at 15  
people

Tip your server a  
little extra  
when you can

Give an  
unexpected  
compliment

Pick up 15  
pieces of  
trash around  
your  
neighborhood

Buy or  
make a  
warm meal  
for  
someone in  
need

Bake treats for  
a  
neighbor

Volunteer  
to read at  
the Kuna  
Library

Donate  
flowers to  
Swan Falls  
Assisted  
Living

Shopped  
locally

Put stray  
grocery  
carts where  
they  
belong

Write a  
great  
online  
review for  
a business  
you love

Donate a  
vacation or sick  
day to a  
colleague that  
needs it

Pick Your  
Own

Send  
flowers to  
someone  
who needs  
cheering up

Post a  
positive quote  
on social  
media

Write a thank  
you note to  
someone who  
has helped  
your career

Build a  
"little free  
library" in  
your yard

Visit with a  
senior at the  
Kuna Senior  
Center

Leave a nice  
comment on  
someone's  
post

Send in  
school  
supplies for  
your child's  
classroom

Write a letter of  
encouragement  
to someone you  
know is having  
a hard time

Take a  
self-care  
day and  
treat  
yourself

Give a  
friend a  
book you  
think they  
would like

Hug a  
family  
member

Surprise a  
friend with  
coffee or  
tea