

KINDNESS SCAVENGER HUNT

(See how many you can “find” in yourself to do!)

Offer Kindness:

- Hold doors open for people.
- Offer to get food for people from the buffet.
- Offer to take away people’s trash at meal tables.
- Wear a mask when you’re in shared indoor spaces.

Notice People:

- Compliment people on what they are wearing, or their tattoos, piercings or hairstyle.
- Ask people if there is a story behind their name.
- Ask someone how they are and listen DEEPLY to their response. Pay attention to clues of a deeper answer. Inquire further if it feels right.
- Check in with someone who seems like they might be struggling.

Appreciate People:

- If you really appreciate a comment or question that someone says, let them know.
- Tell someone you’ve known a long time how and why you appreciate them.
- Thank hotel staff. Tell them something that shows you notice their work.

Practice Restraint:

- Let others go ahead of you in line.
- Give up your seat.
- Leave the last cookie.
- Practice “pausing” in conversation, to really listen, not going into your own stories.
- Practice silence in session (if you usually talk).

Be Your Authentic Self:

- Include on your name tag: 1) a meaningful name for yourself; 2) what kindness means to you; 3) something you’d like to be asked or like to talk about.
- Answer “how are you?” **truthfully**.
- Speak up in session (if you usually don’t).
- Sing out loud (where appropriate 😊).
- Dance (even when not appropriate! 😊)
- Create and do your own authentic Acts of Kindness.

Attune With Others:

- In sessions, experiment with listening beyond the words. Close your eyes. Absorb the tone, the cadence, the pauses.
- Smile at people, say things to people you don’t know like “hi friend!”
- Talk to someone who annoys you (and ask yourself why they annoy you).

**We’d love to know what you thought of this Kindness Scavenger Hunt. Let us know at:
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