



1 WEEK OF KINDNESS CHALLENGE

**Transform good intentions into
community action one day at a time**





Making an impact is easier than you think!

You downloaded this guide because you want to make a difference in your community but weren't sure where to start. You're in good company, we all started with that same thought.

This 1 Week of Kindness Challenge breaks down how you can make a difference in your community through easy, daily actions. It helps you feel good about your role in making your community better every day.

What makes this different?

- Each challenge takes 30 minutes or less
- No special skills or large budget required
- Designed to fit into your daily routine
- Creates visible impact you can feel good about
- Builds momentum toward bigger community involvement

How to Use This Challenge:

Step 1: Read through all 5 days to get the big picture

Step 2: Choose your start date (any day works!)

Step 3: Set a daily reminder on your phone for the same time each day

Step 4: Complete each mission and check it off on your tracking sheet

Step 5: Share your progress on social media & tag @graniteunitedway

Step 6: Celebrate your impact at the end of the week



Write a Thank-You Note to Someone Making a Difference

Your Task: Write a heartfelt thank-you note to a local hero. This could be a teacher, firefighter, nurse, crossing guard, volunteer, or community leader.

Why This Matters: Local heroes often go unrecognized. Your note might be the bright spot in their week and reminds them their work matters.

How to Do It:

1. Choose your local hero (think of who you see helping others regularly)
2. Write a 3-sentence note: What they do + How it helps + Why you're grateful
3. Deliver it in person, mail it, or ask a mutual friend to pass it along

Example Note: "Dear Mrs. Johnson, I see you helping kids cross safely every morning at Main Street Elementary. Your cheerful wave and patient guidance make such a difference for families in our neighborhood. Thank you for keeping our children safe and making them smile every day. With gratitude, [Your name]"

Local Resources:

- Find teachers: Contact your local school district office
- Find first responders: Visit your fire station or police department
- Find healthcare heroes: Ask at local hospitals or health centers

Mission Complete! ✓ Check the box on your tracking sheet





Day 2

Brighten Someone's Day

Your Task: Perform one simple act to brighten someone else's day and promote positive social connection.

Why This Matters: Small acts of kindness can make a meaningful difference in someone's life by boosting their mood, reducing stress, and improving their overall emotional well-being.

How to Do It:

1. Look around your immediate area
2. Choose one specific, helpful action
3. Offer your help

Ideas:

- Compliment a colleague or stranger on their outfit or smile
- Hold the door open for the person behind you
- Send a quick text or message to check in on a friend or family member
- Pay for the coffee or meal of the person behind you in line
- Pick up litter when you see it in your neighborhood or park

Safety Note: Trust your instincts and stay within your comfort zone. Simple gestures are just as meaningful as bigger projects.

Mission Complete! ✓ Check the box on your tracking sheet



Support a Local Small Business

Your Task: Write a 5 star online review or social media post promoting a local small business that you visited today.

Why This Matters: Local businesses are the backbone of our communities. Your positive review helps them attract customers and supports local economic growth.

How to Do It:

1. Choose a local business you've had a good experience with
2. Write a detailed, honest review (3-5 sentences minimum)
3. Post on Google Reviews, Facebook, Yelp, or social media
4. Include specific details about what made your experience special

Review Writing Tips:

- Mention specific staff members who helped you
- Describe the product/service quality
- Note what makes this business special
- Include keywords others might search for
- Add a photo if you have one

Beyond Reviews: There are a number of other ways you can support local small businesses like sharing their social media posts and recommending them to friends and family.

Mission Complete! ✓ Check the box on your tracking sheet



Help Someone Access Community Support

Your Task: Share information about [211 NH](#) or [other local resources](#) with someone who could benefit from community support services.

Why This Matters: Many people don't know what resources are available. You could help someone access food assistance, housing support, or other vital services.

How to Do It:

1. Think of someone who might benefit from community resources
2. Tell them about [211 NH](#) or share our [resource guide](#) with them
3. Offer to help them connect them if they're comfortable with that
4. Follow up to see if the resource was helpful

What is 211 NH? A Free, confidential helpline connecting you to more than 4,000 local New Hampshire resources and services.

Ways to Help Others Access Resources:

- **In Person:** "Did you know there's a free helpline that connects people to local resources? Just dial 2-1-1."
- **Text/Email:** "I just learned about 211 NH. They help connect you to local resources for food, housing, healthcare, and more. Just dial 2-1-1 if you need help finding resources."
- **Social Media:** "211 NH is a free NH helpline for a variety of resources you might need! Check them out at 211nh.org or call them 24/7 7 days a week by dialing 2-1-1."

Who Might Benefit: New parents needing childcare resources, people facing job loss or financial hardship, elderly neighbors needing transportation or meal assistance, anyone struggling with utility costs, or people seeking mental health or addiction recovery support.

Mission Complete! ✓ Check the box on your tracking sheet



Donate Food to Local Families in Need

Your Task: Grab one extra item during this week's grocery trip to donate to a local food pantry, community fridge, or family assistance program.

Why This Matters: 1 in 9 New Hampshire residents faces food insecurity. Your donation provides immediate relief to local families.

How to Do It:

1. Select an item from the NH Food Bank's ["Most Needed" list](#)
2. Deliver your donation to your local during operating hours

Where to Donate in New Hampshire:

The [NH Food Bank](#) is the state's primary food distribution hub and accepts donations of both food and money. You can use their [Food Map](#) to search for local food pantries near you.

Don't Have Time to Shop? Make a [donation online](#) to Granite United Way, which supports local food pantries and many other community programs. Your donation helps stretch every dollar to provide the most critical resources to those in need.

Mission Complete! ✓ Check the box on your tracking sheet





Celebrate Your Impact!

Congratulations! You've completed our 1 Week of Kindness Challenge.

Take a moment to reflect on your experience:

- Which day had the biggest impact on you personally?
- What surprised you most about the challenge?
- How do you feel more connected to your community now?
- Which activity would you like to continue doing regularly?

Your Impact This Week:

- ✓ Made 1 local hero feel appreciated
- ✓ Helped at least 1 stranger
- ✓ Supported 1 local business

- ✓ Connected someone to valuable resources
- ✓ Contributed to feeding local families in need

What's Next?

This challenge was just the beginning. Here are ways to continue your community impact:

- Share this challenge with a friend
- Become a regular volunteer at a local nonprofit (we're happy to connect you!)
- Host a [supply drive](#) (backpacks & school supplies, winter coats, summer camp kits etc.)
- Follow local nonprofits like @graniteunitedway on social media
- Make a [\\$10 monthly donation](#) to support the most important causes in your community



Your Daily Tracking Sheet

Check off each mission as you complete it and jot down notes about your experience.

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Day 1: Write a Thank-You Note to Someone Making a Difference

Date Completed: _____

Who did you thank? _____

How did it make you feel? _____

Their response (if any): _____

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Day 2: Brighten Someone's Day

Date Completed: _____

How did you offer help? _____

How did it make you feel? _____

Their response (if any): _____

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Day 3: Support a Local Small Business

Date Completed: _____

What business did you support? _____

How did you support them? _____

How did it make you feel? _____

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Day 64 Connect Someone to Resources

Date Completed: _____

Who did you help connect? _____

What resource did you share? _____

How did it make you feel? _____

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Day 5: Feed Your Community

Date Completed: _____

Where did you donate? _____

What did you donate? _____

How did it make you feel? _____