

HELLO

LET ME KNOW IF YOU NEED HELP?

MY NAME IS _____ MY PHONE NUMBER IS _____

I LIVE IN THE NEIGHBORHOOD AT _____

IF YOU AND YOUR FAMILY NEED HELP DURING THE PANDEMIC, PLEASE LET ME KNOW.

- | | |
|---|--|
| <input type="checkbox"/> PICK UP GROCERIES / FOOD | <input type="checkbox"/> WALK A DOG |
| <input type="checkbox"/> A FRIENDLY PHONE CALL | <input type="checkbox"/> MOW A LAWN or SHOVEL A DRIVEWAY |
| <input type="checkbox"/> URGENT SUPPLIES | <input type="checkbox"/> HELP WITH GARDENING |

JUST CALL OR TEXT AND I'LL DO MY BEST TO HELP—FOR FREE.

This new coronavirus is highly contagious. To ensure that we only spread kindness with each other, please take every precaution to avoid physical contact with others (keep 6 feet away), wash your hands with soap frequently, and follow other social-distancing direction given by the authorities.

For other kindness resources for you & your family, visit www.randomactsofkindness.org



If you want to spread kindness in your neighborhood, you can download these blank forms at www.randomactsofkindness.org/kindness-resources



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