

P (Positive outlook)	E (Earth care)	A (Appreciate)	C (Care)	E (Encourage)
Pray for anyone – friend, teacher, neighbor, someone you don’t know	Pick up trash when you take a walk (with glove and bag)	Show appreciation to an essential worker (kind words, card, snack...)	Write and send a letter to someone over 80 (email Virginia if you need a name/address)	Write a note of hope or encouragement in sidewalk chalk
Make a kindness Rock - paint a rock with a kind or encouraging word and put it in a public place	Get outside and notice five things that are beautiful	Wave at someone in the car next to you	Make a treat bag for a neighbor	Smile at someone you don’t know
Plan an action item that will serve the church or community (Polar Bear Plunge; Run for Coffee; Cold Weather Shelter, etc.)	Reduce your use of plastic for one week	FREE SPACE Dream of how the world could be	Go to bed at a good time and give yourself time to recharge	Plan something fun and invite someone to join you virtually or at a safe distance
Challenge your negative thoughts and look for the upside	Go on a Coin Treasure Hunt (in your couch, car, ...) and donate the money to a charity	Ask Woody if there is something that you can do to help out around church	Make something (card/candy bag) for the CWS	Connect with someone near to you
Take a break for a Peaceful Minute – make it 2!!	Put out bird seed for the birds (or squirrels)	Support a small business	Put on some fun music and have a dance party at home	Get back in contact with an old friend