

ACTS OF LOVE FOR CHILDREN

Do everything in love. 1 Corinthians 16:14

By doing these simple acts of love with children, grownups will not only teach them about compassion but also how easy it is to love others they do not know. Ask children, “How would you know if someone was having a bad day and may need a little extra love? What are some safe and simple ways to share love?”

At Home

- Clean your bedroom without being asked and say, “I wanted to do something special to say I love you.”
- Call a grandparent to tell them you love them.
- Acknowledge that you care about the earth when you help with the recycling.
- Write notes or draw pictures of appreciation for every family member.
- Read a book to someone via social media.
- Help your sibling learn something new.

In Community

- Listen to someone tell you about their day. “I love you and want to hear about your day.”
- Write an encouraging note with sidewalk chalk somewhere in your neighborhood.
- Hold the door for someone.
- Leave letters of encouragement on people’s cars.
- Acknowledge that you care about people you don’t know who are in need. Ask an adult to help you donate to a food bank.
- Smile at everyone that passes you.

In the World

- Print and color a page of the [Color Our World coloring book](#) and mail it to a friend to share the good news of the **ONE THOUSAND DAYS OF LOVE** campaign.
- Ask your grownup to order complimentary packages of **ONE THOUSAND DAYS OF LOVE brochures and Hope Chests** to give to neighbors. Invite them to join the **ONE THOUSAND DAYS OF LOVE** campaign.
- Put money in your Hope Chest every day for one month.
- Count the money you collected. Did you save enough to purchase from the [Gifts for Life catalog](#)?
- Ask your grownup to help you donate the remaining money in your Hope Chest to the **ONE THOUSAND DAYS OF LOVE** campaign.

ACTS OF LOVE FOR TEENS

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Teenagers can have lots of fun when it comes to random acts of love because they can develop creative ideas on their own, such as:

At Home

- Choose a day not to complain.
- Sweep or vacuum the house without being asked.
- Clean your bedroom without being asked.
- Share an encouraging word for someone.
- Take a sibling outside to play.
- Make a family member breakfast in bed.

In Community

- Ask an adult to help you hand out paper bags of granola bars, water and socks to people experiencing homelessness.
- Water your neighbor's lawn.
- Pay for the person behind you in the drive-thru.
- Wash the neighbor's car – with their permission, of course!
- Collect stuffed animals and blankets to donate to an animal shelter.
- Paint kindness rocks and place them in random spots.

In the World

- [Watch a video](#) describing Episcopal Relief & Development's work with children.
- Launch a peer to peer [online fundraiser](#) for the **ONE THOUSAND DAYS OF LOVE** campaign.
- Design a DIY **ONE THOUSAND DAYS OF LOVE** campaign t-shirt, or have one printed in various sizes. Sell them and mail the t-shirts with a Hope Chest to invite friends to join the campaign.
- Film a YouTube video to share your random ACTS OF LOVE experience.
- Post your random ACTS OF LOVE on Instagram [#episcopalrelief](#), [#1000DaysOfLove](#).
- Count the money you collected for t-shirts and the Hope Chests. Did you save enough to shop from the [Gifts for Life catalog](#)? If not, go in with a friend who also saved. Consider purchasing a gift for Moms and newborns.

ACTS OF LOVE FOR ADULTS

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Performing random acts of love and kindness humanize us; it lifts us spiritually and it is good for us. Here are a few ideas to get you started.

At Home

- Write a note to an old teacher or another who made a difference in your life.
- Thank a family member when they help wash the dishes.
- Pick up trash in your neighborhood.
- Mow your neighbors' lawn.
- Forgive someone.
- Say this prayer from *The Social Justice Bible Challenge*.

Merciful God, your children cry to you night and day. Open our ears to hear their cries, open our eyes to see your love for all children; open our hearts to the work of transforming unjust systems. Increase in us the gifts of faith, hope, and love through your Son Jesus Christ. Amen.

In Community

- Let someone merge in front of you in traffic.
- Buy groceries for a family in need.
- Wipe off your grocery cart and offer to the person behind you.
- Pay the adoption fee for a rescue animal.
- Drop off dinner for your neighbor
- Give a handwritten thank you note to the drive-thru bank teller.

In the World

- [Watch Bishop Curry](#) introduce the campaign then send it to the clergy, outreach committee and lay ministers in your church.
- Get permission from the church leadership to lead the **ONE THOUSAND DAYS OF LOVE** campaign initiative in your congregation. [Order complimentary campaign materials](#) from Forward Movement. Hand out or mail materials to church members. Deliver materials to neighbors with a handwritten invitation to join you in **ONE THOUSAND DAYS OF LOVE**.
- Invite friends and family to honor your birthday or anniversary by [giving to the campaign](#).
- Order Christmas or Valentine's gifts from the [Gifts for Life catalog](#).
- [Become a sustainer](#) and give monthly to the **ONE THOUSAND DAYS OF LOVE** campaign.
- Write a note to your Bishop asking their office to support you in launching a diocesan-wide **ONE THOUSAND DAYS OF LOVE** campaign.