

DOVIA Mississippi Presents Ideas for Homebound Persons

- Send cards or letters of appreciation to people you read about in the news who have done good deeds. Send kind thoughts to people you hear about in your community who have suffered a setback.
- Provide homework help to younger relatives or neighbors.
- Create art or crafts, such as quilts, afghans, or baby blankets, and donate them to be auctioned or given away by a nonprofit organization or group.
- Sew comfort items for the police trauma unit or a children's hospital. Traumatized children and pediatric cancer patients appreciate small quilts or stuffed animals for cuddling. Chemotherapy patients often need head coverings.
- Write a kind note to relatives and friends, letting them know why they are special.
- Create photo albums for your family and friends to remind them of special times.
- Help a neighbor or friend who has lost a job write a resumé or cover letter.
- Gather a collection of kindness stories from friends and relatives. Copy these stories and give the collection as a gift.
- Communicate by email with a friend, sharing kindness stories and your current kindness projects.
- If your town or city has a Kindness Coordinator, offer to help create giveaways or other gifts, such as Random Acts of Kindness (RAK) ribbons or handmade prizes.

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