## Compassion Challenge

**Put your compassion in action!**
Choose items from each Compassion Category to complete.

### Pets

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>□ Make a DIY enrichment item for your pet or to donate to a shelter animal.</td>
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<tr>
<td>□ Spend extra time with your pet doing what they enjoy (longer walk for your dog, extra playtime out of cage, more snuggle time in bed, etc.).</td>
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<tr>
<td>□ Teach your pet a new trick using positive reinforcement training – lots of praise and treats!</td>
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<tr>
<td>□ Make an adoption poster promoting a long term animal at your local shelter and post it in the community.</td>
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<tr>
<td>□ Find a recipe for a healthy treat to make for your pet to enjoy!</td>
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### People

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<tr>
<td>□ Write a letter to a helper (nurse, Humane Law Enforcement Officer, police officer, veteran, teacher) and tell them why you appreciate them.</td>
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<tr>
<td>□ Make a <em>Kindness Coupon</em> for a family member promising to do something nice for them (make dinner, do the dishes, play a game with a sibling).</td>
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<tr>
<td>□ Donate food to your local food bank or make cookies for a friend.</td>
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<tr>
<td>□ Help an elderly neighbor by mowing their lawn or walking their dog.</td>
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<td>□ Make a card or craft and deliver it to a senior living home to spread joy!</td>
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### Wildlife

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<tr>
<td>□ Go on a nature walk in your neighborhood or a local park and take note of all the wild animals you see and hear. Keep a wildlife journal!</td>
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<tr>
<td>□ Learn how to make your own window clings to help prevent birds from flying into your windows.</td>
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<tr>
<td>□ Create a bird nesting box filled with items used to make nests (twigs, dead grass, shed animal fur) and place it somewhere safe for mama bird!</td>
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<tr>
<td>□ Make a poster sharing the dangers of feeding bread to ducks and post it at a local pond.</td>
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<tr>
<td>□ Research native flowers and plants for your area and plant some in your yard!</td>
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### Planet

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<tr>
<td>□ Go on a litter walk and pick up trash in your neighborhood or a local park or beach. Be sure to wear gloves!</td>
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<tr>
<td>□ Choose to use reusable items instead of plastic ones (shopping bag, water bottle, straw, utensils, etc.).</td>
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<tr>
<td>□ Make the pledge to ditch single-use plastic. See who in your family can go the longest!</td>
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<tr>
<td>□ Upcycle an item like an aluminum can and make it into a pencil holder or planter. Paint it for extra fun and flair!</td>
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<tr>
<td>□ Make a vegetarian or vegan dish with your family and try to choose more plant-based options.</td>
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<tr>
<td>□ Sort through your trash and learn which items can be recycled.</td>
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