

Arrive With Kindness Scavenger Hunt

The Coronavirus outbreak (COVID-19) has taken all of us by surprise. Some people have described it as an episode of Black Mirror that they want to turn off, while others have said that they feel like the entire world is upside down.

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. People are coming together to sing on balconies in Italy, others are setting up groups to offer support to the elderly and vulnerable - such as collecting groceries or calling them for a chat. We have heard stories of people having virtual movie nights and creating choreographed dances over video chat to share with the world.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing. In short, doing good does you and the community good.

Scavenger hunts can be a lot of fun on their own, but they're even better with a clever twist of kindness! A group of volunteers can set out to bring random acts of kindness to strangers or to their own family.

Instructions:

Print out a copy of the scavenger hunt list for each participant or group of participants. Use the ideas on the list or modify them as you see fit. Everyone needs access to a camera or phone camera to have them take photos of their kind deeds. Participants (individually or as teams) will check off the items as they go. The team with the most completed tasks, is the winner (consider giving the winner a treat or prize). Post some of the photos on social media using [#ArriveWithKindness](#) to be featured on Arrive Utah's social media channels for your acts of kindness.

Arrive With Kindness Scavenger Hunt

- Help someone by sweeping or shoveling off their porch or steps
- Make a card for someone that might not get many visitors
- Give someone a compliment
- Leave a nice note for someone
- Leave change in a vending machine
- Take some items to the recycle or thrift
- Hold open the door for someone
- Smile at a stranger
- Make someone laugh
- Wash a neighbor's windows or car
- Clean up trash in the neighborhood or park
- Put an inspiring note on a car window
- Offer to sweep or clean a neighbor's driveway
- Leave a thank you note for mail carriers, cashiers, or first responders