

#KINDNESSBEATSTHEVIRUS

Hashtag Challenge - Daily Prompts - Week 3

Interpret the prompt as creatively as you can, in whatever medium you prefer (drawings, paint, photography, music, videos, poetry, whatever). Then share it on social media and tag #KindnessBeatsTheVirus and @NYCThrive

1. Music Monday

Write a short poem using only song titles.

2. Tell Them Tuesday

Draw a black and white illustration of someone showing kindness within the rules of social distancing. Then tell someone else to color it in. Share both versions.

3. Wake Up Wednesday

Photograph an act of kindness in your home or neighborhood.

4. Throwback Thursday

Create a portrait of somebody in your life that you consider a hero. Include symbols and objects that describe who they are and what they do.

5. Funny Friday

Create an audio or video recording of you reading a funny story for a child.

6. Somebody Saturday

Show your appreciation for someone by drawing or designing a medal for their outstanding effort and send it to them. On Social media, tag all those whom you are awarding.

7. Selfie Sunday

Introduce who you really are with an unfiltered selfie in your natural habitat.

