

# KINDNESS QUEST

“Tell ye the secrets of servitude, follow the pathway of service . . .” —‘Abdu’l-Bahá

**H**ave you ever dreamed of being a secret agent? You could go on special missions to discover clues, decode mysterious messages, or jump into action and save the day.

You don’t need spy training or cool gadgets to make a difference in the world. You can be a secret agent of service. Go on a quest to uplift your neighborhood with surprise acts of kindness.

A skillful agent pays attention to what’s happening around

them, so keep your eyes open. Did someone bring home a new baby? Quietly leave flowers at their door, and run away before they see you. Maybe a friend is having a hard day at school. Tape an encouraging note to their locker for them to find.

Your community needs you, so don’t wait! Grab your sunglasses, throw on a hat or mustache, and see what opportunities you can spy for spreading joy.

START DATE:

**Your mission:** see how many secret or surprise acts of service you can do in the next two weeks.

END DATE:

- Write happy messages in chalk on the sidewalk.
- Leave quarters for the next person at the vending machine.
- Do a chore for a family member without being asked.
- Hide bookmarks in library books with positive notes like “You’re amazing!”
- Send a postcard with a joke to a friend or relative.
- Leave treats on a neighbor’s porch, ring the bell, and run.
- Make a wildflower bouquet for the dinner table.
- Put an encouraging note in a sibling’s backpack.
- Help a neighbor carry their groceries inside.
- Write to an author and tell them what you like about their book.
- Sing or play music for someone who’s sick or lonely.
- Tell someone when you notice them being kind to someone else.
- Donate cans of food to a food pantry, and tape a colorful drawing to the top of each can.
- Secretly rake leaves for a neighbor.
- Let someone in front of you in line.
- Greet the bus driver or librarian by name.
- Along with the tip, leave a kind note for your server at a restaurant.
- \_\_\_\_\_
- \_\_\_\_\_

