

# ACTS OF CARE

## ELEMENT MAY CHALLENGE 2020

Note: These are some acts of care you can try, but you are not limited to doing just these. May this list spark ideas for you!



**DONATE CLOTHES  
YOU DON'T NEED**



**ORDER A TREAT  
ONLINE FOR YOUR  
FRIEND AND SEND  
IT TO THEIR HOME**



**GIVE A BOOK TO  
SOMEONE YOU  
THINK MIGHT  
ENJOY IT**



**WAVE HELLO TO A  
NEIGHBOR WHEN  
YOU GO FOR A  
WALK**



**SEND AN  
ENCOURAGING  
MSG TO SOMEONE  
STRUGGLING WITH  
THEIR HEALTH**



**TELL A PREVIOUS  
MENTOR  
SOMETHING YOU  
APPRECIATED  
ABOUT THEM**



**HELP YOUR  
FAMILY SET THE  
TABLE FOR A  
MEAL**



**ASK YOUR SIBLING  
OR FAMILY  
MEMBER FOR ANY  
PRAYER REQUESTS**



**DO ONE OF YOUR  
FAMILY MEMBERS'  
CHORES**



**OFFER TO DO  
YARD WORK FOR  
YOUR HOME OR  
TRUSTED  
NEIGHBOR**



**DONATE FOOD TO  
A FOOD PANTRY  
WITH YOUR  
FAMILY**



**WASH THE DISHES  
AFTER A FAMILY  
MEAL**



**CLEAN UP AFTER  
SOMEONE WHO  
USUALLY SERVES  
YOU**



**THANK A FAMILY  
MEMBER FOR  
SOMETHING  
THEY'VE DONE FOR  
YOU**



**MAKE A FUN  
SNACK FOR YOUR  
HOUSE**



**MSG A YOUNGER  
ONE TO SEE HOW  
THEY'RE DOING**



**ASK A STAFF IF  
THERE'S ANYTHING  
YOU CAN HELP  
THEM WITH**



**CALL AN OLDER  
RELATIVE AND SEE  
HOW THEY'RE  
DOING**



**TELL A PEER WHAT  
YOU APPRECIATE  
ABOUT THEM AND  
WHY**



**CALL A PEER YOU  
HAVEN'T SEEN IN A  
WHILE**



**COOK DINNER FOR  
THE FAMILY**



**PRAY FOR A  
CHURCH PLANT**



**TIDY THE LIVING  
ROOM AT THE END  
OF EACH DAY**



**TEACH SOMEONE  
A SKILL YOU HAVE**



**OFFER TO PLAN A  
BONDING ACTIVITY  
FOR YOUR HOME**



**WRITE A  
CONGRADULATORY  
CARD FOR A  
SENIOR**



**SPEND 5 MIN.  
PRAYING FOR  
CORONAVIRUS  
PATIENTS**



**TAKE OUT THE  
TRASH**



**SPEND TIME  
PLAYING WITH  
YOUR SIBLING**



**CONNECT WITH A  
COUSIN**



**SPEND 15 MIN.  
GETTING TO KNOW  
YOUR PARENTS**



**ENCOURAGE  
SOMEONE WITH A  
BIBLE VERSE**