



# Operation Kindness



This summer, NDS is sponsoring contests for children to promote kindness in their summer communities. Creating a culture of kindness can teach students to be caring, considerate, and compassionate. Encourage your children to become Kind Kids and teach them how simple acts of kindness can positively impact our peers, our community, our world, and our hearts and minds.

## Creative Kindness - Writing Contest

Poems, stories, songs, or any other creative writings about kindness are welcome! Students can also submit stories on how they have tried to improve the lives of others by being kind, or how an act of kindness has brightened their day or made a difference to them.

## Creative Poster Contest

Design a poster or creative drawing on **kindness** with a simple message about what it means to be kind!

Entries will be sorted into two categories with winners in each:

- Students 5-8 years old**
- Students 9 and older**

Entries must be submitted (mailed or delivered) with the *child's name, age, the name of the camp and site number* by:

**Friday, July 20, 2018**

## Kindness Counts Contest!

*Simple acts of kindness can go a long way!*

### Be recognized as a Kind Community

by encouraging students to be kind to one another through words and actions

Document them to share with NDS!

Acts of Kindness can be as small as giving a friend a high five or saying 'thank you,' or as large as helping a fellow camper complete a task.

**Complete the 'NDS Kind Community' activity log and return to NDS by:**

**Friday, July 20, 2018**

Celebrate our **Day of Kindness** on **Wednesday, July 11** — send us pictures of your event to share social media!

## Social Media Photo Contest



Last summer's social media contest encouraged sites to help the environment by recycling their lunch boxes in a creative way! Congratulations to Yeadon Public Library for their winning entry—a **food truck**!

Follow us on Facebook and Twitter for announcements about this summer's social media contest!

## NUTRITIONAL DEVELOPMENT SERVICES

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*Check out our website and social media!*

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