



**The Great Kindness Challenge.**  
January 24-28, 2022  
*Winter Nature Edition*

## 20 Acts of Kindness in Nature Checklist

♥ Build a birdhouse

♥ Hug a tree

♥ Plan a native flower garden

♥ Resist picking buds & leaves

♥ Watch a nature documentary with your family

♥ Participate in the Great Backyard Bird Count  
(<https://www.birdcount.org/>)

♥ Hike in the snow with a friend

♥ Read a book about nature, & then...

♥ Leave a book about nature in the Little Free Library

♥ Pick up litter on the trails or in your back yard

♥ Make a Twigling & add it to the Care & Share Party at WPNR

♥ Share flower & vegetable seeds with a neighbor

♥ Feed the birds

♥ Plant herbs on your windowsill & plant an extra one for a friend

♥ Leave the leaves, stems, & spent flower heads for wildlife

♥ Compost your food scraps & cardboard

♥ Participate in the WPNR Winter iNaturalist Project  
(<https://www.inaturalist.org/projects/winnie-palmer-nature-reserve-winter-observations>)

♥ Shovel a neighbor's sidewalk & avoid de-icing chemicals

♥ Sow native wildflower seeds in the snow

♥ Share this list with everyone you know to encourage kindness in nature



More info: <https://thegreatkindnesschallenge.com/>



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