

#KINDNESSBEATSTHEVIRUS

Hashtag Challenge - Daily Prompts - Week 1

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**

Share an inspiring lyric from a song you love and why it's meaningful to you.

2. **Tell Them Tuesday**

What do the people in your life mean to you? Write down the names of three people in your life and jot down what they mean to you. Then tell them! Talk, Txt, email, or video chat. Post a screenshot!

3. **Wake Up Wednesday**

What gets you out of bed every morning? Paint a picture, with words or photos or pencils or real paint.

4. **Throwback Thursday**

What's your favorite childhood memory? Share a photo or a poem or a song lyric or video sample.

5. **Funny Friday**

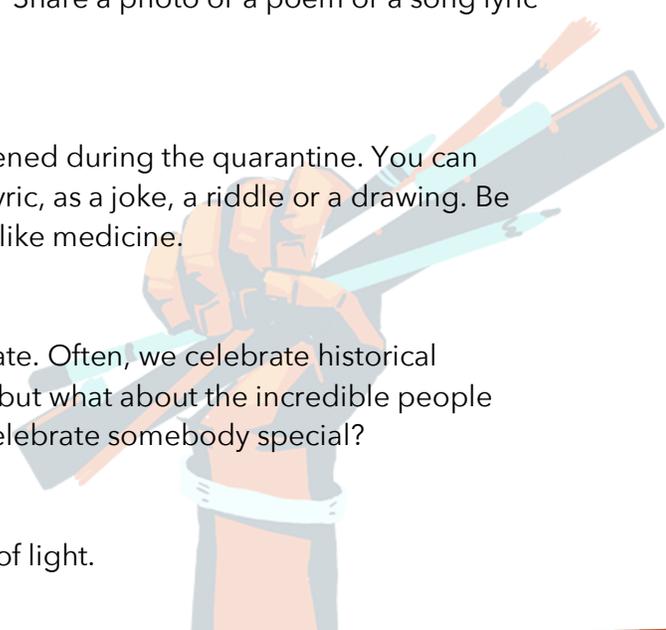
Write about something funny that happened during the quarantine. You can write it however you like: as a poem or lyric, as a joke, a riddle or a drawing. Be creative and have fun. Laughter is good like medicine.

6. **Somebody Saturday**

Choose somebody in your life to celebrate. Often, we celebrate historical figures, national heroes and celebrities, but what about the incredible people you know personally? How would you celebrate somebody special?

7. **Sunny Sunday**

Draw a sun and use a word for each ray of light.



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Hashtag Challenge - Daily Prompts - Week 2

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. Help in a Haiku

Do you have a helpful idea? Share it. Who do you want to help? How do you want to help? Do you need help? Write about it. Write a Haiku using the 5,7,5 format. 1st line 5 syllables. 2nd line 7 syllables. 3rd line 5 syllable.

2. Traveling Tuesday

Where would you go today if you could go anywhere?

3. A Zine for the Unseen

Create a Zine celebrating everyday heroes who are usually overlooked or underappreciated, like: Bodega cashiers, food delivery people, mail carriers, health care workers, sanitation workers, parents, teachers, and law enforcement. Each page can feature a sketch and/or text representing someone new.

4. Acrostic Poem

An acrostic poem is a type of poetry where the first, last or other letters in a line spell out a particular word or phrase. Write and share an acrostic poem where the first letters of each line spell out a word that can help us all beat the virus.

5. Concrete Poetry

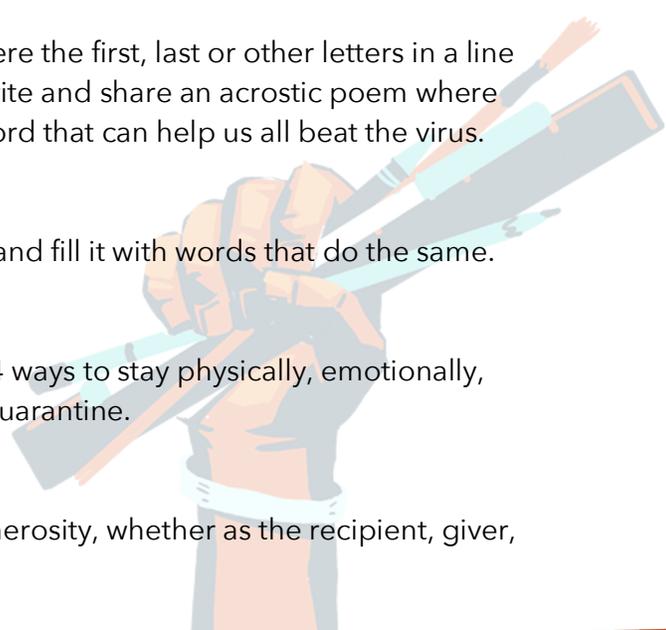
Choose an image that represents hope and fill it with words that do the same.

6. A Flip Book Story

Create a 4 panel flip book highlighting 4 ways to stay physically, emotionally, mentally, spiritually healthy during the quarantine.

7. That Time You Gave

When have you experienced radical generosity, whether as the recipient, giver, or a witness.



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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.

