

**#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.

