

**#KINDNESSBEATSTHEVIRUS**

**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.

