



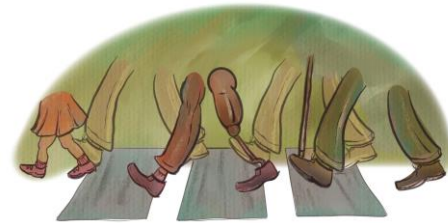
Bonding Activities - Home

- 50 Write a letter of appreciation to someone in your close circle.
- 50 Spend an hour with some ice cream (or other treat) and your bestie.
- 50 Read to a child.
- 50 Attend a book club.
- 50 Share a favorite recipe.
- 50 Take a treat to a neighbor.
- 50 Attend a block party. Give yourself an extra 50-page points if you host it.
- 50 Invite someone into your home that you don't usually associate with.
- 50 Go on an outing with someone you don't usually associate with.
- 50 Perform a random act of kindness.
- 50 Perform a random act of kindness. (Yes, you can do it again.)
- 50 Perform a random act of kindness. (Our world needs it.)
- 100 For a month, keep a journal noting acts of kindness you see being done around you.
- 100 Read an anthology, a book that contains several different authors.



Bonding Activities - Community

- 50 Read to someone infirm.
- 50 Write a letter of appreciation to someone in your community.
- 50 Give a stranger a compliment.
- 100 Read a book by a person expressing different political views than your own.
- 100 Read a book about a religion other than your own.
- 100 Read a book written by someone of a different race or ethnic group than your own.
- 100 Read a book about bridging gaps between groups.
- 100 Read a book about someone you would/would have liked to be friends with.



Bonding Activities - World

- 50 Learn a phrase in a different language and use it ten times.
- 50 Write a letter of appreciation to someone outside your community.
- 50 Cook a meal from a different culture.
- 100 Read a book by a Middle Eastern author.
- 100 Read a book by an Asian author.
- 100 Read a book by a European author.
- 100 Read a book by an African author.
- 100 Read a book by an Australian author.
- 100 Read a book by a South American author.
- 100 Read a book by a North American author outside of the U.S.
- 100 Read a book by an author from an island nation such as the Philippines, Cuba, Iceland, Ireland, etc.
- 100 Read a book by or about a world leader who exemplifies friendship, kindness, and/or unity.