



Ways to Share the Love

Sharing the love can be simple and fun! Here are a few ways you and your organization can put spread this message and put love into action:

- **Post the #Sharethelovechallenge message on your social media. Let the message grow!**
- **Mail a card or letter**
- **Pick up the phone and just say, “I’m thinking of you!”**
- **Start a new tradition with family members or friends**
- **Treat someone to lunch, coffee, flowers**
- **Share a favorite poem, book, song or a smile**
- **Create a video message telling someone you love them**
- **Cook a special meal for friends or family**
- **Host a virtual game night**
- **Do a small chore or run an errand for your neighbor**
- **Any way to pay it forward!**

The possibilities are endless to #SharetheLoveChallenge