

ACTS OF KINDNESS CHALLENGE

7 Days of Kindness – How Will
You Use Your Voice?

- ☐ Say something kind to a friend
- ☐ Learn one new thing
about Moebius Syndrome
- ☐ Help someone who needs it
- ☐ Write a thank-you note
- ☐ Share your story or art
with MFOMS
- ☐ Pick up something someone
dropped
- ☐ End your day with one
positive thought