#BEKIND21

1. Do your part to keep everyone healthy by wearing a face covering in public places.
2. Become your chapter’s HelpHelpedMe Officer: http://psichi.com/HHMeOfficer
3. Check in on a friend who lives alone.
4. Create a thank you poster to show your appreciation for faculty teaching online and share at the beginning of your online class.
5. Volunteer as an online tutor for local high school students.
6. Participate in an online research project at https://www.psichi.org/page/study_links
7. Buy a pizza on behalf of your Psi Chi chapter and ask that it be delivered to emergency healthcare workers at a local hospital.
8. Create an online Diversity and Inclusion Book Club
9. Say thank you to grocery store and restaurant workers for continuing to work during the pandemic.
10. Connect with quarantined older adults by writing letters at LoveForTheElderly.org
11. Send a thank you e-card to the last person who extended kindness to you.
12. Practice self-care by creating a 3-day workout schedule by watching free online video workouts.
13. Schedule a video chat with friends or family you haven’t seen in a while.
14. Make COVID-19 masks and take them to local shelters or retirement community.
15. Create a list of positive things that COVID-19 has allowed in your life: http://psichi.com/5PositiveThings
16. Greet and hold the door open for a stranger.
17. Donate the cost of a cup of Starbucks coffee to donate.psichi.org to pay it forward to another Psi Chi student member.
18. Share this helpful article from the Eye on Psi Chi with fellow students: http://psichi.com/SelfCareTips
19. Give a bottle of water to a homeless person.
20. Support Psi Chi sustainability by taking part in the revised Psi Chi Fall 2020 Chapter Challenge. This year’s challenge has a 50/50 split to help support your local chapter as well as Psi Chi. Go to https://psichi.com/chapterchallenge