

#BEKIND21

BROUGHT TO YOU BY:



PSI CHI INTERNATIONAL
HONOR SOCIETY
IN PSYCHOLOGY

- 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>
- 21 Donate blood.