

# CAREGIVING TIPS

## FOR THE SUMMER MONTHS

Small Acts of Kindness Make a Big Difference

You are the light  
of the world.  
Let your light shine.  
Matthew 5:14,16

1

Organize a CAR PARADE with signs and balloons to help a shut-in celebrate a special occasion.

2

MOW THE LAWN OR SWEEP THE SIDEWALK for someone who is unable.

3

Help teens raise funds for a charity by organizing a CAR WASH.

4

WRITE A THOUGHTFUL NOTE to someone who is going through a rough time.

5

Treat a family on a tight budget to ICE CREAM SUNDAES.

6

CARE FOR THE HOMELESS by distributing care kits containing helpful summer items such as lip balm, sunscreen, insect repellent or a lightweight hat.

7

HELP SOMEONE REMEMBER A LOVED ONE by planting a tree in their honor.



For more seasonal caregiving tips, visit:  
[wisdomofthewounded.com/seasonal-caregiving-tips](http://wisdomofthewounded.com/seasonal-caregiving-tips)

8

PACK A PICNIC and invite a friend to dine outdoors with you.

9

Sit on a bench in the shade with someone and ASK THEM ABOUT THEIR DAY.