



NorState F.C.U is celebrating *National Youth Month*

Encouraging Teens ages 12-17 to participate in RAK (Random Acts of Kindness)

ARE YOU A COOL CAT? \$80 worth of Cool?

What you can do to participate: 1) Using this calendar complete a daily RAK; 2) Take a photo (or submit a post) to NorState's Social Media Pages (Facebook and/or Instagram #teamnorstate) of you 'doing' your RAK; 3) Don't forget to tag NorState & your family and friends, so they can participate too!

The more comments on your posts on NorState's page, the better your chances. Enter up to 30 times (only 1 per day) and you'll be automatically entered into an \$80 Drawing** which will be deposited into your NFCU Youth account*. The [COLORED RAK](#) gives you 2 entries into the drawing for completing and posting on that date!

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		LET'S DO THIS!		1 Wash dishes & clean up after dinner	2 Call your grandparents or a loved one	3 Volunteer in your community
4 Make up a kindness act of your own	5 Tell a teacher thank you for being the positive one	6 Sit with a different group of students at lunch today	7 Smile at everyone you see today and say Hi!	8 Pick up trash in or outside around your school	9 Say hello to everyone you meet today	10 Make your bed today.
11 Call your BFF and make plans for the day	12 Tell a friend how much they mean to you	13 Let someone go ahead of you in line	14 Read to a younger child sibling or to an elder person	15 Post a positive message & smiling selfie on your Instagram	16 Offer to pay for take out dinner to-night for the family	17 Make up your own act of kindness
18 Give someone a compliment	19 Hold the door open for someone	20 Help someone in need, can be friend or family	21 Make up your own act of kindness	22 Help your parents prepare a meal	23 Do a chore without being asked	24 Volunteer for an organization or church today
25 Make up your own act of kindness	26 Donate books to your local library	27 Fill a pets water bowl or walk them.	28 Be polite say "please" & "thank you"	29 Help someone with outdoor chores	30 Take out the trash for your parents today	AWESOME!! YOU DID IT!

If you don't have a NorState Account: *OPEN a NorState Youth Account online at www.norstatefcu.org, select "Open an Account" tab at the top then click on Open an Account, select Other, and choose a Youth Account in the drop down menu, then follow the online instructions. You can also stop by any of our 6 branches located in Northern Maine to open an account.

**Winners will be chosen at random in May and contacted via social media or email. Winners will be announced on NorState's Facebook and Instagram. Limit one post per day. Rules and regulations apply. Please call 207-316-1582 for more information. PLEASE SHARE!

DIRECT LINKS:

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