



autism speaks[®]
steps for
kindness 
April 25
1 p.m. EDT



Mark your calendars for April 25 at 1 p.m. EDT! Join us to take Steps for Kindness – walk 5,400 steps in support of the 1 in 54 U.S. kids with autism, wherever you are and however you can. Can't hit 5,400? No worries – every step counts!

It's a moment when our community will come together in a nationwide celebration. Let's be together wherever we are. Join us to connect, celebrate and create a kinder world.

These times have been tough on all of us, so let's get together, wherever you are and however you can – in your house, in your backyard or safely in your neighborhood. To join us: wear blue, tell your community you're stepping for kindness, chalk your sidewalk, post signs in your windows or yard, and share pictures of you and your family getting in on the fun!

Suggested Social Media Posts

Pre-event:

- Join me for [#StepsForKindness](#), a nationwide [@autismspeaks](#) event on April 25 at 1 p.m. EDT to connect and celebrate together – by taking 5,400 steps wherever you are in support of the 1 in 54 U.S. kids with autism. Can't hit 5,400? No worries – every step counts! RSVP at <https://www.facebook.com/events/180080266353963/>
- Join me and wear blue on April 25 at 1 p.m. EDT for the [@autismspeaks](#) [#StepsForKindness](#) Facebook Live event. RSVP at <https://www.facebook.com/events/180080266353963/>

1 hour before the event:

- Lace up each shoe (or slipper) and wear something blue to create a kinder world for me and you. The [#StepsForKindness](#) event is kicking off soon at [facebook.com/autismspeaks](https://www.facebook.com/autismspeaks)

Post-event:

- Let's keep the [#StepsForKindness](#) going! Check out the [@autismspeaks](#) Instagram story for more fun kindness activities. [instagram.com/autismspeaks](https://www.instagram.com/autismspeaks)

Handles:

[@autismspeaks](#)

(Facebook and Instagram)

Hashtags:

[#StepsForKindness](#)

Event page:

[Click here](#)

Event graphics:

[Click here](#)

FAQs:

[Click here](#)