

# Random Acts of Kindness

- ✓ buy the coffee for the person behind you in line
- ✓ offer to walk someone's dog
- ✓ write a heartfelt note or text to a friend to remind them why they are important to you
- ✓ bring cookies to a nursing home
- ✓ compliment a stranger
- ✓ keep care packages in your car to hand out to the homeless
- ✓ write thank you letters to men and women in the armed forces
- ✓ spend time with an elderly relative or assist an elderly neighbor
- ✓ give up your seat on a bus or train
- ✓ offer assistance to someone in a stranded car
- ✓ send someone a song with a text "thinking of you!"
- ✓ volunteer for a non-profit once a month
- ✓ stop and buy the lemonade from the kids with the lemonade stand
- ✓ donate books and gifts to a children's hospital
- ✓ tutor a kid struggling in school
- ✓ bring bagels and spread to your coworkers
- ✓ tip your waiter generously
- ✓ pay for someone's overdue library fees
- ✓ donate school supplies to classrooms
- ✓ give your umbrella or jacket to a stranger
- ✓ give grocery gift cards to someone struggling financially
- ✓ plant a tree
- ✓ sit with someone new at lunch at work or school
- ✓ offer to share your table with a person dining alone
- ✓ bring flowers to someone you know could use some cheering up
- ✓ tell someone how nice their hair or clothes look today
- ✓ call an old friend you haven't spoken with in awhile
- ✓ send printed photos of grandkids to grandparents
- ✓ deliver a plant to the office of your significant other
- ✓ shovel your neighbor's driveway
- ✓ offer to mow your neighbor's lawn
- ✓ leave a sticky note on a stranger's car wishing them a nice day
- ✓ donate backpacks or school supplies to struggling families
- ✓ plan a "kids are the boss" day where the kids make the rules
- ✓ tell the regular people who help you (barista, grocery clerk, custodian) that they matter
- ✓ offer to babysit for free
- ✓ offer to pick up goods for family and friends on a grocery or Costco run
- ✓ sign up for 'be my eyes' to assist the visually impaired
- ✓ pick up someone's dry cleaning for them
- ✓ sign up for Amazon smile to give a to charity
- ✓ send a text or make a phone call to someone just to ask "how are you today?"
- ✓ offer to cook someone a meal during a hard time
- ✓ invite a friend for a mani or pedi as an opportunity to catch up
- ✓ pay the toll for the person behind you
- ✓ put change in an expired meter
- ✓ help someone with heavy bags at the airport
- ✓ offer up your table at a busy restaurant
- ✓ check in with someone who is ill
- ✓ write a positive recommendation for a local business
- ✓ give someone a great big warm hug