

Additional Ideas for Acts of Kindness

- Share something with a friend
- Check in on or visit with a neighbor
- Make something for someone you love
- Give a hug to everyone in your family
- Bring food to the food pantry in your town
- Read to someone else
- Set up a lemonade stand and donate the profits
- Hide a kind note in a library book
- Plant something
- Tell someone why they are special to you
- Donate a book somewhere in your community (doctor's office, little free library, classroom, etc.)
- Write an anonymous note of kind words for a co-worker
- Send a card to a relative or friend you haven't spoken to recently
- Compliment your spouse, partner, or friend on something you've never acknowledged before
- Write kind letters to deployed military personnel or veterans
- Buy coffee for the person behind you in line
- Cook someone a meal
- Volunteer your time to a community group, shelter, or food pantry
- Leave flowers on someone's doorstep
- Say "please" and "thank you" with a smile
- Ask someone "How are you really doing?" and then really listen to the response
- Bring someone a souvenir from a trip
- Call or write to a teacher who changed your life
- Encourage someone not to give up when they are struggling with something
- Assemble and bring care-packages to the homeless
- Help someone who has their hands full
- Offer to help a neighbor with yard work
- Leave a generous tip for a pleasant waiter
- Return your shopping cart to its place
- Say "I love you" to someone you love
- Visit an animal shelter
- Adopt a soldier
- Hand out stickers to kids waiting in line
- Offer to babysit someone else's child/children so they can take a break
- Mentor a child or teen

No act of KINDNESS, no matter how small, is ever wasted. –Aesop