



## WAYS TO SHARE A SIMPLE ACT OF KINDNESS

*"Kindness is more than an ideal we aspire to. It can be readily practiced and exchanged!"*

- Invite a friend to tea
- Volunteer your time
- Listen without judgment
- Send a letter of appreciation
- Make two sandwiches , give one away
- Donate old clothes
- Offer to carry a person's bags
- Buy someone a cup of coffee
- Pick up trash
- Leave a random note of kindness on a stranger's windshield
- Make dinner for someone who can't
- Play with a child
- Give away that dollar bill in your pocket when someone asks
- Make eye contact and smile at people
- Wish someone well
- Plant a garden
- Give blankets to a shelter
- Hide notes of kindness
- Take a warm bath – kindness starts with self-appreciation
- Offer up your space in line
- Help someone with housework
- Read a book to a child
- Leave spare change in tip jars
- Adopt a pet or volunteer at a shelter
- Give something away you no longer use
- Donate blood
- Embrace your imperfections
- Don't take the same way home
- Thank people who have had an impact in your life
- Forgive someone who has hurt you
- Compliment people when driving
- Give someone your parking space
- Mentor a child
- Start a conversation with someone you don't know
- Plant a garden
- Return a lost item to someone
- Be mindful of your words and actions
- Tip a little more than you should
- Make yourself available to others
- Send flowers or leave them on a doorstep
- Bring cookies into work
- Share your umbrella
- Offer a ride to someone
- Eat, buy and shop locally
- Leave quarters in the laundry machine
- When someone challenges you, love them anyway
- Be grateful for what you have
- Donate to causes and organizations that you care about
- Help someone who is ill
- Have a food drive
- Donate your bottles and cans
- Do a friend's laundry
- Say hello
- Visit relatives
- Have a yard sale and give the money away
- Bake cookies for someone
- Meet your neighbors
- Clean up litter around your community
- Smile at people in the grocery store
- Feed parking meters
- Compliment someone
- Become a better listener
- Over tip
- Bake a cake and give it away
- Offer to watch a friend's children
- Practice acceptance
- Paint a picture for someone
- Say 'thank you' all the time
- Be genuine
- Buy extra food and give it away
- Express gratitude freely
- Help a neighbor with yard work
- Leave a kind note in a mailbox
- Adopt a pet
- Apologize to someone
- Cheer up someone who is having a tough day
- Leave a gift for a stranger
- Drop a five-dollar bill on the ground
- Let someone go ahead of you
- Go shopping for someone who can't
- Visit a nursing home
- Go out of your way to make a new friend
- Give up your seat for someone
- Send a care package to a soldier overseas
- Send a thank you note to your child's teacher
- Wave at strangers
- Leave inspiring notes in public places
- Buy someone coffee at the drive-thru
- Pay a toll for someone
- Host a dinner party
- Recycle and consume less energy and resources
- Practice forgiveness
- Visit a local school and read to children
- Give someone a hug