

30 ACTS OF KINDNESS TO BRIGHTEN SOMEONE'S DAY

BAKE TREATS FOR A NEIGHBOR

BUY A \$5 GIFT CERTIFICATE AND HAND IT TO THE
PERSON IN LINE BEHIND YOU

CREATE KINDNESS BAGS TO HAND
TO PEOPLE IN NEED (WEATHER SPECIFIC)

ASK FOR DONATIONS INSTEAD OF GIFTS

BUY TOYS AND DROP THEM OFF
AT A DONATION BOX FOR THE HOLIDAYS

SET UP A BIN OF TREATS AND BOTTLED WATER
FOR THE MAIL MAN AND DELIVERY PERSONS

HAND OUT HOMEMADE CARDS WITH A CANDY BAR
OR GIFT CARD JUST BECAUSE

BUY AN EXTRA BAG OF PET FOOD AND DROP
OFF AT YOUR LOCAL ANIMAL SHELTER

HELP PICK WEEDS, RAKE LEAVES OR SHOVEL
SNOW FOR A NEIGHBOR

TAPE A NOTE TO A CHANGING STATION THAT
SAYS "YOU'RE DOING GREAT, MOM"

PAY FOR SOMEONE'S MEAL AT A RESTAURANT

MAKE YOUR BROTHER OR SISTER'S BED
AND CLEAN UP THEIR ROOM "JUST BECAUSE"

SLIP A MOM WHO LOOKS LIKE THEY'RE
HAVING A TOUGH DAY A NOTE THAT
SAYS "YOU'RE A GREAT MOM"

COLLECT FOOD TO DONATE TO A LOCAL FOOD BANK

GIVE THE BUS DRIVER A CANDY BAR
AND HANDMADE THANK YOU NOTE

HAND OUT COLORING BOOKS AND SETS OF
CRAYONS TO KIDS YOU SEE IN WAITING ROOMS

BUY EXTRA SCHOOL SUPPLIES FOR A TEACHER

SET UP A LEMONADE STAND AND DONATE THE
PROFITS TO A LOCAL CHARITY

PAINT KINDNESS ROCKS AND SET THEM
AROUND YOUR NEIGHBORHOOD

PUT A STACK OF PENNIES ON THE RIDE-ON
HORSES (OR MACHINES) AT THE GROCERY
STORE FOR OTHER KIDS TO HAVE A FREE RIDE

TAKE A BASKET OF TREATS TO A FIRE STATION

PICK FRESH FLOWERS FOR A TEACHER

BUY ICE CREAM FROM THE ICE CREAM
TRUCK FOR OTHER KIDS

LEAVE PENNIES ON THE SIDEWALK
(HEADS UP) FOR GOOD LUCK!

DO A CHORE FOR YOUR BROTHER OR SISTER

ON A HOT DAY, KEEP A COOLER OF ICED
WATER AND DRINKS ON YOUR PORCH

HAND OUT MITTENS, SOCKS AND HATS TO
PEOPLE IN NEED

LEAVE STICKY NOTES ON BATHROOM MIRRORS
SAYING "YOU ARE BEAUTIFUL"

SEND A RANDOM CARD IN THE MAIL

BRING COOKIES OR A SNACK TO THE STAFF AT
A LOCAL NURSING HOME, VETERINARIAN
CLINIC, POLICE STATION, OR DOCTOR'S OFFICE