



Random Acts Of Kindness

SO MANY WAYS TO SHOW KINDNESS TO OTHERS

There are limitless Random acts of kindness ideas for strangers. Some are anonymous some are personal, and some may build lasting relationships for life. When you decide to do something nice for someone, just carry out your random act of kindness, wish them a great day, and walk away. An act of kindness should come with no strings attached.

SAY

- Say I love you to someone you love.
- Compliment a work colleague for their excellence.
- Ask someone “how are you doing” and really listen. Sit down. No multitasking.
- Ask someone if they’ve lost some weight or tell them that they’re “just glowing”.
- Tell all your family members how much you appreciate them.
- Compliment a stranger.
- Call everyone you know and tell them you love them.
- Call your parents “just because!”
- Give a compliment about your restaurant server to his / her manager.
- Compliment people in front of others.
- Thank your co-workers for doing a good job, for getting extra supplies, for thinking ahead, for being easy to work with.
- Tell your partner how amazingly “hot” they are.
- Surprise someone you haven’t spoken to in a while with a call to say “hi”.
- Tell someone if they have made a difference in your life.

WRITE

- Send paper thank you notes.
- Mail a letter to someone you know who could use a little TLC.
- Write a loving letter to your parents or grandparents.
- Write a note of encouragement and support for new parents.
- Write a note of support to a caregiver (caring for a spouse or parents.)
- Write a letter of appreciation to a family member or friend.
- Send a thank you note to a person who has helped you in the past.
- Put thank you note on your colleague’s desk.
- Write your spouse/partner a list of things you love about them.
- Text someone to say you are thinking of them.
- Text someone just to say “good morning” or “goodnight.”
- Write positive quotes on sticky notes and tack them onto the office board, buses, or place that they will get noticed.
- Write a positive comment on your favorite blog, website, or a friend’s social media account.
- Share your favorite Bible verse or quote on social media.
- Write kind words on a sidewalk with chalk.
- Send a card with a note to of support several months after a death in the family.



Random Acts of Kindness

List of Possibilities

DO

- Hold the door open for someone.
- Help someone with a stroller get up the stairs.
- Bring flowers to someone you know who is having a tough day.
- Tape quarters to a vending machine or gum machine for the next person to use.
- Leave microwave popcorn bags next to a movie vending machine.
- Pay the toll for the driver behind you.
- Pay the bill for the person behind you in line at the drive-through.
- Put your shopping cart away or offer to put someone else's cart away.
- Cut your neighbor's hedge.
- Walk your friend's dog.
- Send someone a small gift anonymously.
- Stop and help someone replace their flat tire.
- Let someone jump in line in front of you.
- Pay for the drinks at the next table at a café.
- Give a huge tip to someone when they least expect it.
- Give up your seat for someone, not just an elderly person.
- Give another driver your parking spot.
- Give a piece of fruit to a delivery person.
- Help an elderly neighbor carry the garbage out.
- Leave a copy of an interesting book on a train / bus with a friendly note.
- Buy a lottery ticket and give it to the person behind you in a busy market line.
- Sing Christmas carols at a nursing home with friends
- Adopt an animal from the pound.
- Invite others to join you in spreading kindness.

DO

- Give your boxes to someone who is moving.
- Volunteer at a school, church, non-profit.
- Have a shirt that your friend always compliments you on? Why not give it to her?
- Offer to get groceries for your friend or relative who has a mobility problem.
- Make extra copies of photos and send them to the people who are in the images.
- Walk the cart back to the front of the store.
- Send a care package to a soldier.
- Listen when no one else wants to.
- Bring a meal, offer to clean the house or do a load of laundry for someone who just had a baby or other major life event.
- Let the person who seems rushed cut in front of you.
- Give your boxes to someone who is moving.
- Volunteer at a school, church, non-profit.
- Offer to get groceries for your friend or relative who has a mobility problem.
- Make extra copies of photos and send them to the people who are in the images.
- Walk the cart back to the front of the store.
- Send a care package to a soldier.
- Listen when no one else wants to.
- Bring a meal, offer to clean the house or do a load of laundry for someone who just had a baby or other major life event.
- Give someone else the cab that you hailed.
- Spend quality time with your pet.
- Take flowers to a nursing home.
- Leave money and a note in a public place.
- Buy a few umbrellas and leave them in public places on rainy days.
- Thank a teacher with a gift.



Random Acts of Kindness

List of Possibilities

DO

- Be someone's cheerleader.
- Sweep leaves or shovel snow off your neighbor's sidewalk.
- Do nice things and don't tell anyone about it.
- Compliment a parent on their well-behaved kid.
- Smile in understanding at a parent with a fussy baby.
- Bring donuts or other delicious sweets to work.
- Give chocolate generously and often :-)
- Bake a cake for the birthday person.
- Smile easily and laugh – Even at the so-so jokes.
- Fill up the gas tank and/or wash the car for your partner and then leave a love note on the dash.
- Help a single parent by offering to babysit.
- Offer to stay late for a co-worker that needs to leave early.
- Go to your friend's child's event.
- Buy the stuff the neighbor kid is selling... lemonade, cookies, Christmas wrap.
- Create a "Dress-Up" box for a child.
- Skype or FaceTime with the kids in your life.
- Offer the painter, electrician, or handyman a glass or bottle of water.
- Drop quarters on the sidewalk for people to find.
- Leave a whole bunch of pennies heads-up in a public place for others to find.
- Donate your vacation or sick days to a co-worker in crisis.
- Participate in office contests and morale boosters.
- Send a surprise book to someone from an online retailer.

DO

- Listen to someone's life story – Yes, the whole thing.
- Give a glowing recommendation.
- Pick up trash that isn't yours.
- Let someone go in line in front of you.
- Smile and greet everyone - Yes, even strangers.
- Hug your loved ones for no particular reason.
- Donate blood.
- Help a co-worker complete a project without being asked.
- Say hi to the person next to you on the elevator or in line.
- Surprise someone with cookies.
- Tape change to a parking meter.
- Donate gently used books to your local library or your pediatrician's office.
- Leave gently used clothes at church or homeless shelter.
- Volunteer at a soup kitchen or an animal shelter as a family.
- Start a piggy bank for a cause.
- Donate your loose change.
- Run or take a walk for a cause.
- Send someone a care package.
- Take someone to the movie.
- Throw a surprise party.
- Make two lunches for work and give one away.
- Teach someone a recipe.
- Carry a \$5 gift card with you and give it someone randomly.
- Help someone load their luggage into the overhead bin.
- Include lonely friends, co-workers or acquaintances in your holiday celebrations.
- Be kind to yourself!



Random Crafts of Kindness

List of Possibilities

CREATE

- Hand out kindness cards
- Decorate kindness rocks
- Create a kindness jar - write all the different acts of kindness that your family can do for others. Select one each day, week or month to participate in.
- Bake and give cookies to say thank you.
- Make Blessing Bags for people in need (fill with gloves, socks, band-aids, deodorant, chewable multivitamins, lip balm/chapstick, lotion, sunscreen, tissues, toothbrush, toothpaste, wet wipes, etc).
- Put together a basket of food for a family in need - Dinner On Us!



Kindness Cards



Kindness Rocks



Kindnes Jar



Bake Cookies



Blessing Bags



Dinner On Us