



Random Acts of Kindness



How many can you complete in one day, in a week? in a month?

WEEK WEEK WEEK WEEK

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| 1 | 2 | 3 | 4 | Return a cart for someone in the store parking lot. |
| 1 | 2 | 3 | 4 | Write a letter and place it inside your favorite library book. |
| 1 | 2 | 3 | 4 | Leave a bag of cat food at a feral cat community for the care givers. |
| 1 | 2 | 3 | 4 | Give someone a homemade gift. |
| 1 | 2 | 3 | 4 | Let someone go ahead of you in a long line. |
| 1 | 2 | 3 | 4 | Compliment a friend, a family member and a stranger. |
| 1 | 2 | 3 | 4 | Check in on an elderly neighbor and offer to run an errand or help in the house. |
| 1 | 2 | 3 | 4 | Donate clothes you no longer wear but are in good condition. |
| 1 | 2 | 3 | 4 | Tell a manager how good your restaurant server was. |
| 1 | 2 | 3 | 4 | Reach out to a friend you haven't seen in a while. |
| 1 | 2 | 3 | 4 | Read a book to someone. |
| 1 | 2 | 3 | 4 | Donate food or your time at a food pantry. |
| 1 | 2 | 3 | 4 | Tell a member of the military thank you for their service. |
| 1 | 2 | 3 | 4 | Buy someone on the coffee line a cup of coffee. |
| 1 | 2 | 3 | 4 | Send a written letter to an older relative. |
| 1 | 2 | 3 | 4 | Help someone load their groceries at the grocery store. |
| 1 | 2 | 3 | 4 | Pick up litter. |
| 1 | 2 | 3 | 4 | Offer to babysit for free for a neighbor. |
| 1 | 2 | 3 | 4 | Write a note to the principal about your favorite teacher. |
| 1 | 2 | 3 | 4 | Write online reviews for your favorite places. |
| 1 | 2 | 3 | 4 | Leave a magnet with a nice message on someone's locker. |
| 1 | 2 | 3 | 4 | Leave someone flowers without a note. |
| 1 | 2 | 3 | 4 | Make dinner for your family and clean up. |
| 1 | 2 | 3 | 4 | Bring magazines you've read to a waiting room. |
| 1 | 2 | 3 | 4 | Write a thank you note for a volunteer... maybe a Girl Scout leader or cookie mom. |