

# Random Acts of Kindness

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



WEEK WEEK WEEK WEEK

- |   |   |   |   |  |
|---|---|---|---|--|
| 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. |