

25 Random Acts Of Kindness

1. At the grocery store, let someone else go in front of you in line.
2. Buy a plant and place it in a pot for a friend.
3. Buy coffee for the person behind you in line at the local coffee shop.
4. Compliment another parent on how well-behaved their child is.
5. Compliment the first person you talk to today.
6. Donate old towels or blankets to an animal shelter.
7. Find opportunities to give compliments to people you know.
8. Learn the names of people you interact with regularly—service workers, the local barista, etc.—and greet them by name.
9. Leave a box of goodies in your mailbox for your mail carrier.
10. Leave a server the biggest tip you can afford.
11. Leave quarters at the laundromat.
12. Offer to babysit for parents you know who could use a night out.
13. Offer up free things on Craigslist, OfferUp, or local Freecycle groups.
14. Pick up any litter on your street and put it in the trash.
15. Place a “positive body image” note in jean pockets at a clothing store.
16. Plan a clean-up party at a beach or park.
17. Post inspirational sticky notes around your neighborhood or at a park.
18. Purchase extra dog or cat food and take it to an animal shelter.
19. Run an errand for a busy family member.
20. Send a kind or positive text message to five different people right now.
21. Surprise a neighbor with freshly baked cookies or treats!
22. Take flowers or treats to the nurses’ station at your nearest hospital.
23. Take muffins or cookies to your local librarians.
24. Write a kind message on the mirror for your children.
25. Write a thank-you note to a former teacher who made a difference in your life.

