

# ●●● Acts of Kindness ●●●

- Give someone a compliment
- Share a happy memory
- Mail someone a letter
- Volunteer somewhere
- Thank someone
- Read to someone
- Pick up litter
- Donate something
- Give someone flowers
- Leave an extra big tip
- Share something funny
- Pay for someone's meal
- Support a small business
- Plant something
- Draw someone a picture
- Forgive someone
- Smile at everyone you see
- Get outside and enjoy nature
- Clean up someone else's mess
- Hold the door open for someone
- Write down 5 things you're thankful for
- Do something kind for the planet
- Leave a note for someone to find
- Help someone carry something
- Let someone go ahead of you in line
- Teach someone something new
- Let someone know you appreciate them
- Paint and leave a kindness rock
- Give someone your full attention
- Say 'yes' when someone is expecting a 'no'
- Do something without being asked
- Call someone you haven't talked to in a while
- Tell someone why you love them
- Do something kind for yourself
- Talk to someone new
- Make a bird feeder
- Take cookies to someone
- Write kind sidewalk chalk messages
- Make a craft for someone
- Encourage someone