

Give a post-it note to someone with an inspirational message	
Write a sidewalk chalk message of kindness outside your school	
Give someone a hug who may need it	
Pay someone a compliment about their clothes	
Tag someone on social media and tell them why you are grateful for them	
Donate old books to your school or local library	
Write a letter of appreciation to Mr. Olausen	
Pay (Have your family) for a person in the drive-thru line behind you	
Make a Spotify playlist for your team for your trip to FL	
Write a letter of appreciation to your Superintendent	
Offer to help an elderly friend or neighbor	
Donate food to a local food pantry/religious organization/etc	
Tidy your bedroom today without being asked	
Tidy your siblings bedroom without being asked	
Do the dishes without being asked	
Deliver cookies or a treat to a neighbor	
Donate old clothes at your nearest clothes collection bin	
Donate money to an organization that is dear to you	
Write a letter/send a text to a classmate and let them know how they positively affect the class	
Leave change in the vending machine as a surprising treat for the next	
Make a donation of any variety to a local pet store or shelter	
Hold the door open for someone	
Return someone's shopping cart for them at the store	
Offer to help unload the groceries for someone	
Write a letter/email to a school counselor and let them know why you appreciate them	
Set the table for dinner without being asked	
Bring stickers to your doctor's office so younger kids can benefit from them	
Write a letter of thanks and give it to a secretary at your school	
Donate old books or magazines to a doctor's office waiting room	

Leave kindness stones/rocks in a public place that you create		
Say / write thank you to a service member when you see them		
Write a thank you note to your favorite teacher and let them know why they impacted your life		
Write/send a thank you note/text to your favorite coach and let them know how they impacted your craft or life		
Decorate tissue boxes or hand sanitizers with messages of hope and inspiration and give to a place that may benefit from them		
Write a letter of appreciation to a police officer		
Write a letter of appreciation to your Athletic Trainer		
Text a friend good morning or good night and let them know why they are awesome		
Write positive sticky notes and leave them on lockers in school		
Send a text to a teammate and let them know why they are a great teammate		
Give a gift card (Small amount) to a friend with a message of thanks in it		
Unplug the outlets that aren't being used when you go to sleep or leave the house		
Praise a local business online (like Yelp)		
Pick up trash in town or around your school		
Put a positive surprise in your neighbors mailbox		
Tweet or Instagram (or the like) a genuine compliment to three people		
Take your loose change to Coinstar, then help offset the bill for someone buying groceries		
Donate to the latest natural disaster relief fund		
Offer to take your neighbor's dog for a walk		
Donate old sports equipment to a local school or YMCA type organization		
Give someone a gift - just because		