

ACTS OF KINDNESS TOWARD OTHERS

SUGGESTIONS FROM KAREN DEAN

1. Give a compliment
2. Let someone cut in front of you in line
3. Pay for the car behind you in the drive-thru
4. Buy a meal for someone in need
5. Help someone struggling with their bags
6. Say something encouraging to a parent struggling with their children in a store or restaurant
7. Keep plastic bags filled with snack and sample-size toiletries in your car to give to homeless people
8. Pick up litter on the street and put it in the garbage
9. Buy a gift card and hand it to someone as you walk out of a coffee shop
10. Call someone's boss and tell them what a great employee they have
11. Write a positive online review for a small business
12. Give an extra tip and leave a note thanking your server
13. Send a care package to someone who is not feeling well
14. Write a thank you note to your mail driver
15. Smile at someone on the street
16. Give old blankets, sheets or towels to an animal shelter
17. Donate feminine hygiene products to a women's shelter
18. Post sticky notes with uplifting messages on bathroom mirrors in public places
19. Mentor someone
20. Send a thank you note to a teacher who helped you while you were in school



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21. Build a “little free library” box in your yard and fill it with books for people to borrow
22. Help a neighbour with yard work or make them a meal and deliver it
23. Donate classroom supplies to a local school
24. Call a friend or family member just to say I love you
25. Reconnect with an old friend you have lost touch with
26. Let your spouse sleep in on the weekend
27. Share an encouraging article or quote that you saw
28. Write an encouraging note to your child and put it in their lunch box or on their pillow
29. Donate toys to a homeless shelter
30. Hold the elevator door for someone
31. Send flowers to someone for no reason
32. Bake cookies for your co-workers
33. Leave a nice note on someone’s car
34. Donate to a charity
35. Offer to take a photo of a couple
36. Buy from a local small business
37. Text someone good morning and wish them a great day
38. Make some nice comments on social media
39. Compliment a parent on their child’s good behaviour
40. Put your phone away while you are with family and friends
41. Make someone laugh
42. Do a task for your partner that you know they hate doing

