

Give a post it note to someone with an inspirational message
Create a Spotify playlist for someone and let them know why the songs are special
Write a kind message (Sidewalk Chalk) on the sidewalk of the entrance to your school
Write a letter of appreciation to your principal
Tag someone on social media and tell them why you are grateful for them
Donate old books to your school or local library
Give a gift card to a stranger
Pay (Have your family) for a person in the drive-thru line behind you
Find three old toys and give to your nearest hospital or daycare
Make a thank you card for your school crossing guard
Offer to help an elderly friend or neighbor
Donate food to your local food bank
Tidy your bedroom today without being asked
Tidy your siblings bedroom without being asked
Do the dishes without being asked
Deliver cookies 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 a vending machine
Donate pet food to a local 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
Let someone go ahead of you in line
Set the table for dinner without being asked
Bring stickers to your doctor's office so 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
Write a note of thanks for your custodian
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
Send a picture and message to a friend that will make them smile
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
Pick up trash in town
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
Write a card of appreciation to the Grafton Public Library