

RANDOM ACTS OF KINDNESS

FOR FAMILIES

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1. Give a few dollars for whatever school club, Cub Scout pack, sports organization, etc. is outside of the grocery store.
2. Load groceries for an elderly person or parent with small children.
3. Pay for the coffee or meal behind you in the drive through line.
4. Leave coloring books & crayons or activity books in the kids section of your local urgent care facility.
5. Put sticky notes with encouraging phrases on all of the mirrors in the bathroom.
6. Leave quarters taped to the toy/sticker/candy machines at a local restaurant.
7. Give a stranger a compliment.
8. Watch for pet food sales and donate the food to a local shelter.
9. When shopping for groceries, take advantage of the buy 1 get 1 free sales and donate the free items to a local food bank.
10. Make blessing bags (with travel size hygiene products, bottled water, granola bars, etc.) and pass out to homeless men and women.
11. Leave a note and a treat in your mail box for your mail carrier.
12. Donate school supplies to a local homeless shelter or elementary school.
13. Take a meal to an elderly or sick neighbor.
14. Set up a free lemonade or cookie stand in your neighborhood.
15. Bake cookies or take lunch to your local fire station or police station.
16. Leave enough change for a car wash if your town has one of those "DIY" car washes.
17. Leave flowers on a stranger's car.
18. Cheer for every player on a sports team.
19. Take in the trash cans for your neighbors after trash collection.
20. Write encouraging messages on the sidewalks with chalk at your local park.
21. Have a favorite book? Leave a brand new copy for someone in a waiting room.
22. Grab coffee or hot chocolate for the other parents at practice on a cold day.
23. Cold outside? Buy old scarves from your local thrift store (or even make them yourself) and tie them around trees, benches, etc. with a note offering them to people in need.
24. Kids counting out change for a little treat at the store? Step in and pay for it!
25. Have lunch delivered to a friend who you know is having a rough week.
26. Deliver treats to the nurses' station at a nursing home, the folks at your vet office, your pediatrician, etc.
27. Spend some time showering a little love on the pets that are up for adoption at your local pet store.
28. Donate the proceeds from your yard sale to a local charity.