

Wheel of Kindness

30 Acts of Kindness you can do anytime!

- 1) Leave baked goods in the mailbox for the mail carrier
- 2) Scope out the grocery store and surprise someone by paying for their grocery cart
- 3) Place coins in the sand under the swings at the park, surprising little kids
- 4) Put coins in the bubblegum machines at the store
- 5) Bring a meal/salad/drink/dessert/flowers meal to someone
- 6) Bring donuts to the nurses in the ER
- 7) Leave your favorite book with a note on a bench in the park
- 8) Drop off a clothes donation at PRISM/IOCP
- 9) Bring cookies/coffee to the Fire and Police Departments
- 10) Do a nice thing for someone: run an errand? Make a meal?
- 11) Pay for someone/many behind you at the local coffee shop
- 12) Send something to Mom and Dad
- 13) Write a letter of thanks to your favorite teacher
- 14) Give someone a gift card to Walmart or Target
- 15) Leave envelopes with change on cars at the hospital to pay for hospital parking
- 16) Surprise someone in need with gas card
- 17) Give flowers to strangers on the street
- 18) Go to nursing/residential home with bouquets or corsages/flowers
- 19) Leave detergent on the washing machines at the local laundry
- 20) Donate your favorite book to the library
- 21) Leave tennis balls at the tennis court
- 22) Hand out cold water bottles to construction workers, gardeners, etc.
- 23) Change/money in kindness jar left at house of a family in need
- 24) Clean up garbage at the park
- 25) Pay a family's bill at the local restaurant
- 26) Plant a seed
- 27) Pay for the car behind you at a restaurant drive up window
- 28) Slip notes in mailboxes of neighbors complimenting them on their yard work, beautifying the neighborhood
- 29) Pay for someone's ticket at the movie theater
- 30) Write a letter to a grandparent telling them what you love about them

Please visit www.westsidecia.org for the next volunteer opportunity!