



## 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 and surprise little kids
4. Put coins in the bubble gum machines at the store
5. Bring a meal/salad/drink/dessert/flowers 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 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 a 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. Leave change/money in kindness jar at the house of a family in need
24. Clean up garbage at the park
25. Pay a family's bill at a 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

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