

## 50 Random Acts of Kindness Week ideas

1. Pay it backward: Buy coffee for the person behind you in line.
2. Compliment the first three people you talk to today.
3. Send a positive text message to five different people right now.
4. Post inspirational sticky notes around your neighborhood, office, school, etc.
5. Tell someone he/she dropped a dollar. Then give him/her a dollar.
6. Donate old towels or blankets to an animal shelter.
7. Say hi to the person next to you on the elevator.
8. Surprise a neighbor with freshly baked cookies or treats.
9. Let someone go in front of you in line who only has a few items.
10. Have a LinkedIn account? Write a recommendation for coworker or connection.
11. Leave quarters at the laundromat.
12. Encounter someone in customer service who is especially kind? Take an extra five minutes to tell the manager.
13. Try to make sure every person in a group conversation feels included.
14. Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
15. Smile at five strangers.
16. Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else.
17. Send a gratitude email to a co-worker who deserves more recognition.
18. Practice self-kindness and spend 30 minutes doing something you love today.
19. Give away stuff for free on Craig's List.
20. Write a gratitude list in the morning and again in the evening.
21. Know parents who could use a night out? Offer to babysit for free.
22. Return shopping carts for people at the grocery store.
23. Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend.
24. Write a positive comment on your favorite blog, website or a friend's social media account.
25. Have a cleanup party at a beach or park.
26. While you're out, compliment a parent on how well-behaved his/her child is.
27. Leave a kind server the biggest tip you can afford.
28. When you're throwing something away, pick up any litter around you and put that in the trash, too.
29. Open the door for someone and then hold it for the next person, too.
30. Put 50 paper hearts in a box. On each cutout write something that is special about your partner or a friend. Tell him/her to pull out a heart anytime for a pick-me-up.
31. Everyone is important. Learn the names of your office security guard, the person at the front desk and other people you see every day. Greet them by name. Also, say "hello" to strangers and smile. These acts of kindness are so easy, and they almost always make people smile.

32. Write your partner a list of things you love about them.
33. Purchase extra dog or cat food and bring it to an animal shelter.
34. Find opportunities to give compliments. It costs nothing, takes no time and could make someone's entire day. Don't just think it. Say it.
35. Take flowers or treats to the nurses' station at your nearest hospital.
36. Keep an extra umbrella at work so you can lend it out when it rains.
37. Send a thank-you card or note to the officers at your local police or fire station.
38. Take muffins or cookies to your local librarians.
39. Run an errand for a family member who is busy.
40. Leave a box of goodies in your mailbox for your mail carrier.
41. Put your phone away while in the company of others.
42. Email or write to a former teacher who made a difference in your life.
43. Bring your child's teacher a cup of his/her favorite coffee when you drop off your child.
44. Stash an encouraging note in your partner's or child's lunchbox.
45. Put a note on a coworker's desk just say that you appreciate him/her.
46. Bring donuts/bagels to share with coworkers or drop them off for the staff at your child's school.
47. Shovel the driveway for an elderly neighbor (or rake/mow the yard).
48. Make a meal or buy a restaurant gift card for a family who is going through a tough time.
49. On Facebook, post about someone special in your life who you really appreciate such as a parent or friend. Remember to tag at person.
50. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness, too!