

# Ideas for Deliberate Acts of Kindness

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- Let someone go ahead of you in line.
- Hug your family.
- Donate clothes and toys to a charity.
- Visit a nursing home with smiles and friendly conversation.
- Say "Thank You."
- Leave a kind note for your mail or newspaper delivery person.
- Really listen to someone.
- Buy flowers and place one on the desk of your colleagues.
- Say something nice about someone you don't like.
- Forgive mistakes.
- Say "hello" and be friendly to people you meet.
- Share a snack or cup of coffee with someone.
- Recycle.
- Talk through a problem instead of arguing.
- Collect goods for a food bank.
- Share a book with someone.
- Help shovel your neighbor's driveway.
- Tell others that you appreciate them and why.
- Open the door for someone.
- Write an encouraging note to a friend.
- Bake cookies for a friend.
- Encourage someone.
- Make a simple gift for someone.
- Speak up against putdowns.
- Respect all of your coworkers.
- Call a special friend or relative.
- Spend extra time with your pet.
- Praise the work or attitude of a colleague.
- Commit to not supporting gossip in the workplace.
- Become a volunteer in some capacity.
- Give blood.
- Let someone merge into the traffic lane you are in.
- Write a thank you note to someone special in your life.
- Give a compliment.
- Pay attention to positive news and pass it on.
- Become a mentor in your community.
- Pick up litter.
- Visit a friend you haven't seen in awhile.
- Practice non-judgment.
- If you're going to be late, let others know.
- Volunteer to be Mr./Ms. Fix-It for an elderly neighbor.
- Write and send letters to the children that you know.
- Return anything you borrow in better shape than when you received it.



- Offer to baby-sit a coworker's children.
- Say "good morning" to everyone you work with today.
- Leave enough money in the vending machine for the next person to get a free treat.
- Sign the organ donor certificate on your Driver's License.
- Write a thank you note to a favorite teacher.
- Embrace your spouse often.
- Be courteous to a telemarketer.
- Give a "Top Ten" list to someone close to you explaining why they are your friend.
- Send a care package to a college student.
- Buy lunch for a coworker.
- Offer to run errands for a neighbor.
- Thank your spouse regularly.
- Call your in-laws and thank them for raising your spouse as they did.
- Serve your kids breakfast in bed.
- Bake blueberry muffins for your neighbors on a Saturday morning.
- Learn CPR.
- Pay for the meal of the person who is behind you in the drive-through.
- Yield a convenient parking space to someone else.
- Tell your child a bedtime story.
- Stick an "I Love You" note in your child's or spouse's lunch box.
- When you ask people how they are, really listen.
- Take a meal to someone who recently lost a loved one.
- Offer to go grocery shopping for an elderly person.
- Resist the urge to be rude back to those who treat you rudely.
- Tip generously.
- Take time to teach someone a skill you know.
- Support your local Humane Society.
- Say positive things about people behind their backs.
- Plug someone's parking meter.
- Surprise a family member by doing one of their chores.
- Send a card to someone in the military overseas.
- Send flowers to your mom.
- Donate unwanted professional clothes to an organization that helps people get back into the workforce.
- Clean the snow off the car that is parked next to yours in the parking lot.
- Offer to return a shopping cart to the store for someone loading a car.

