

55 random acts of kindness

1. prepare a meal for a homeless person
2. smile :)
3. call your mother to tell her you love her
4. write a handwritten note
5. knit a beanie or blanket for a homeless person
6. buy a little extra grocery for the local food bank
7. plant a tree
8. send your favorite teacher flowers
9. write a thank you letter to your parents
10. tape a nice saying or thought to a bus window
11. instead of just thinking it, compliment someone
12. ask someone "how are you?" mean it. and listen.
13. make some baked goods for your neighbor(s)
14. hug your loved ones for no particular reason
15. play with someone you haven't played with in a while
16. give someone a flower ...or a dozen
17. visit a senior center or nursing home
18. say "thank you" for the otherwise routine, mundane
19. pick up trash
20. collect clothes to take to a local shelter
21. give an inspiring book to a struggling friend
22. donate books to your local library
23. visit an animal shelter
24. volunteer at a soup kitchen
25. prepare a "to-go" breakfast for the morning mailman
26. tape an anonymous joke to a friends desk
27. send a nice card to a family member, just because
28. don't lose any opportunity to say: i love you
29. leave a funny or kind note in an unexpected place
30. read to a child
31. rake someone's yard
32. hold the elevator
33. recycle
34. set up a free lemonade stand on a hot day
35. practice patience
36. refrain from gossiping; speak well of others
37. act as if the glass were half full
38. turn off a leaky faucet
39. let someone get ahead of you in line
40. listen intently
41. be bold in your appreciation of life around you
42. create an inspired piece of art and gift it to someone
43. compliment a stranger sincerely
44. run an errand for someone
45. make your sibling's bed
46. spend time with the elderly
47. write a letter of appreciation
48. introduce yourself to someone you always see around
49. put up anonymous, lovely post-it notes for strangers to find
50. give a little one a lollipop
51. make time
52. speak gently
53. laugh heartily
54. share your last bit
55. one time, stop everything to help someone else