



50+ ways to be kind



BE CONFIDENT

use a reusable grocery bag **HANG CLOTHES TO DRY**

read a BOOK



LAUGH OFTEN

bake cookies for a friend

bike instead of drive plant a tree send a nice text to an unknown number

STAND UP FOR A FRIEND

take some time for yourself **CLEAN YOUR ROOM**

switch to paperless mail

SEND A POSTCARD



SMILE

carpool to work **exercise** donate your old clothes to charity

bring toys to a children's hospital call your grandparents share a recipe

text an old friend



high five a stranger babysit for free

tell someone you love them use a travel mug



ADOPT A SHELTER PET

make a bucket list (and start it!) **LOVE YOURSELF** thank a teacher



put a bird feeder in your yard



write a review for a local business

tie scarves around trees

Volunteer



hug a loved one

hide a surprise in your favorite library book congratulate a friend

PRACTICE PATIENCE

give socks to a homeless person **DO THE DISHES**

start a community garden walk a dog



bring soup to a sick friend

compliment someone **OFFER TO HELP WITH YARD WORK** thank your bus driver



deliver flowers to a well-deserving mother **WRITE TO A PENPAL** **BELIEVE IN YOURSELF**

PICK UP GARBAGE ON THE STREET visit a nursing home fund an online campaign

give a stranger a lottery ticket **DON'T EAT MEAT FOR A DAY**



be kind to every kind



RANDOM ACTS OF KINDNESS
FOUNDATION

randomactsofkindness.org

