

100 RANDOM ACTS OF KINDNESS

1. Let someone go ahead of you in line
2. Compliment a stranger
3. Cook a meal for a friend
4. Roll your neighbor's trash can back from the road
5. Leave change in a vending machine
6. Pay for the person's fast food order behind you in line at the drive-through
7. Buy a meal for a homeless person
8. Visit a nursing home and chat with a resident who needs a visitor
9. Take a meal to a fire station for the fire fighters
10. Cook extra for dinner and share with an elderly neighbor or sick friend
11. Clean out your pantry of non-perishable food, not expired, and donate it to a food pantry
12. Make care packages for the homeless. Zipper seal bags filled with toothpaste, toothbrush, deodorant, socks, gum, lip balm, hand wipes and such. Donate to a homeless shelter for distribution.
13. Leave a larger than normal tip for your server at a restaurant
14. Make a few DIY bookmarks and tuck inside of library books for others to find and enjoy
15. Pay for the meal of an elderly person dining alone in a restaurant. You can do this secretly with the help of your waitress or waiter.
16. Skip the gifts at your next birthday and ask for donations to a local charity instead
17. Hold the door open for a stranger
18. Take supplies to an animal shelter
19. Take snacks to work for your co-workers
20. Empty the trash of the person working in the cube next to you
21. Leave kind comments on social media to folks you don't usually interact with often
22. Donate Wish list items to the nearest Ronald McDonald house for families
23. Join a community clean-up day
24. Send a random, 'Just Because' card to a friend via U.S. Mail
25. Send Christmas cards

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26. Give candy to a bank teller
27. Volunteer at an animal shelter for a day
28. Rake leaves for a neighbor or friend
29. Volunteer at a homeless shelter for a day
30. Shovel snow for a neighbor or friend
31. Send Thank you cards to service members on active duty, here is where to send them
32. Volunteer at a nursing home for a day
33. Donate you talent
34. Pay off or make a payment on a strangers layaway bill
35. Tell a store manager how good your service was.
36. Invite a neighbor over for dinner
37. Pass on a memento to someone special
38. Write a Thank you note to someone special
39. Invite a friend for coffee and conversation
40. Donate blood
41. Donate financially (and anonymously) to someone in need
42. Offer to watch a stressed friend's kids for a few hours
43. Let the person behind you go first in the checkout line at the store
44. Offer to put someone's shopping cart away for them
45. Pray for a friend
46. Go talk to the person who seems to be alone at a church social function
47. Run an errand for someone going through a hard time
48. Go sit with a friend recovering from an illness or surgery
49. Organize a food drive at your work when it is not the holiday season and donate to a local food pantry
50. Leave gift bags with laundry detergent and quarters along with a kind note at the laundromat



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51. Send flowers to someone having a bad day
52. Mow your neighbors lawn
53. Donate coloring books and crayons to the Children's hospital and Women's shelter
54. Leave a Thank you note for the mail carrier and Trash collector
(tape it to the top of the trash can with big letters To Trash Collector)
55. Leave a nice note on a random car in a parking lot that says Have a Nice Day!
56. Donate to Operation Gratitude for America's military and first responders
57. Offer to babysit one evening so your friends can go out on a date
58. Offer to babysit for a single Mom so she can run errands
59. Tutor a struggling student
60. Clean out your closet and donate to a homeless shelter
61. Help a friend on moving day
62. Share a favorite memory with an elderly family member
63. Keep an extra umbrella in your car to give to someone caught in the rain
64. Place magazines in a hospital waiting room, especially at the surgery center
65. Send a card in the mail to someone who has lost a loved one.
66. Let your spouse sleep late by getting up to do their chores and tend to the kids
67. Invite your friends who are alone to attend your holiday dinner
68. Hold the elevator door open for someone
69. Pay the toll for the driver behind you
70. Host a pot luck dinner and invite old friends
71. Donate a vacation day or a sick day to a co-worker going through a hard time
72. Feed someone's parking meter
73. Do your spouses chores for the day
74. Offer to take a photo for a couple on vacation
75. Write a great online review for a local business you enjoy
76. Donate books to the Little Library nearest you



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77. Cook a meal for a friend going through a hard time
78. Leave cold bottled water on your porch for the delivery folks along with a Thank you note
79. Allow a car to merge in front of you today
80. Send an encouraging email to a co-worker
81. Grow you hair out so you can donate to Locks of Love
82. Become a Mentor even if only for a short time
83. Leave bottles of Bubbles randomly at a playground with notes that say "Free Bubbles"
84. Add a nice positive note in the envelope when mailing bill payments
85. Slip a love note in your spouses lunch box
86. Buy something on a teachers Amazon Wish List
87. Make beauty care packages and take to your local Women's Shelter (lotion, nail files, nail polish, lip balm, makeup)
88. Stay late at work to help a co-worker finish a project
89. Donate old towels or blankets to your local animal shelter
90. Slip a \$10 bill in a random box of diapers at the grocery store
91. Hand out cold bottled water to construction workers on a hot day
92. Plan a family reunion to reconnect
93. Leave a Post-it note on a public bathroom mirror that says "You look great"
94. Send dessert anonymously to another table in a restaurant
95. Be there for someone who is struggling
96. Give positive comments only on social media
97. Ask someone about their day and then listen
98. Leave \$5 or \$10 worth of gas on the pump for the next person
99. Take your children, grandchildren or nieces and nephews out for ice cream
100. Give your spouse extra affection and attention today