

1. SMILE at everyone you see.
2. Let someone go ahead of you in line.
3. Pick up litter at the park.
4. Hold the door open for someone.
5. Give a COMPLIMENT.
 6. Do a chore without being asked.
 7. Donate diapers to a local diaper bank or women's shelter.
 8. Babysit for free.
 9. Bake cookies for a neighbor.
 10. Visit senior citizens at the nursing home.
 11. Tape a pack of popcorn to the DVD rental machine.
 12. Take flowers to a friend.
 13. Send a thank you note to a teacher.
 14. Paint and hide a Kindness Rock.
 15. Volunteer at the Animal Shelter.
16. Buy a movie ticket for the person behind you in line.
17. Give a HUG.
18. Donate blood at the Red Cross (ages 17+)
19. Leave little containers of bird seed at the park so people can feed the birds.
20. Donate canned goods to a food pantry.

30+ RANDOM ACTS OF KINDNESS IDEAS

21. Take the neighbor's dog for a walk.
22. Give someone a gift card.
23. Leave your waiter an extra tip.
24. Tape quarters to parking meters.
25. Post a positive comment on social media.
 26. Participate in a 5K for a good cause.
 27. Leave a container of change by the wishing fountain.
 28. Mail a Thinking of You card to a friend.
 29. Scatter wildflower seeds where everyone can enjoy them.
 30. Pay for someone's meal or coffee.
 31. Walk or ride your bike to work.
 32. Read to a young child.
 33. Recycle.
 34. Give blessing bags to the homeless.
 35. Take in the neighbor's garbage cans.

No act of kindness, however small, is ever wasted. -- Aesop