

Random Acts of Kindness Week



50 Ideas for Random Acts of Kindness

1. Collect nonperishable food items for a food bank.
2. Adopt a student who needs a friend, checking in periodically to see how things are going.
3. Volunteer to be a tutor in a school.
4. Extend a hand to someone in need; give your full attention and simply listen.
5. Send a care package to someone serving in the military
6. Sing at a nursing home.
7. Offer a couple of hours of babysitting to parents.
8. Have a charity day at work, with employees bringing items for a food drive or clothing drive.
9. Remember the bereaved with phone calls, cards, plants and food.
10. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it
11. Call or visit a homebound person.
12. Be a good neighbor; take over a baked treat or stop by to say "Hello".
13. Transport someone who can't drive.
14. Shovel a neighbor's driveway or sidewalk.
15. Volunteer at a nonprofit organization that needs help.
16. Give the gift of your smile.
17. Volunteer to read to students in the classroom.
18. With your kids, write notes of appreciation and bring flowers or goodies to teachers or other important school staff, such as the principal, nurse, custodian, cook and secretary.
19. Tell your children why you love them. While you're at it tell your parents and siblings as well.
20. Write a thank-you note to a mentor or someone who has influenced your life in a positive way.
21. Donate time at a senior center.
22. Give blood.
23. Stop by a nursing home and visit a resident with no family nearby.
24. Bring flowers to a neighbor.
25. Call a friend whom you haven't talked with in a while.

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26. Have everyone in your office draw the name of a Random Acts of Kindness buddy out of a hat and do a kind act for their buddy that day or week.
27. Open the door for another person.
28. Volunteer to help fix up an elderly couple's home.
29. Give toys to the children at a local shelter or safe house.
30. Give friends and family kindness coupons they can redeem for kind favors.
31. Be a friend to a new student or coworker.
32. For one week, act on every single thought of generosity that arises spontaneously in your heart, and notice what happens as a consequence.
33. Invite someone new over for dinner.
34. Let the person behind you in the grocery store go ahead of you in line.
35. Laugh out loud often and share your smile generously.
36. As you go about your day, pick up trash.
37. Buy books for a daycare or school.
38. Offer to take a busy friend's child to sports practice.
39. Write a gratitude list in the morning and again in the evening.
40. Know parents who could use a night out? Offer to babysit for free.
41. Put your phone away while in the company of others.
42. Write a positive comment on your favorite blog, website, or a friend's social media account.
43. Give away stuff for free on Craig's List.
44. As a family, create a list of random acts of kindness you can do together.
45. Run an errand for a family member who is busy.
46. Buy coffee for the person behind you in line.
47. Leave unused coupons next to corresponding products in the grocery store.
48. Pay yourself a compliment.
49. Try to make sure every person in a group conversation feels included.
50. Bring treats for co-workers or fellow tenants in your office building.