



IDEAS FOR RANDOM ACTS OF KINDNESS

1. **Be Kind to Your Server Next time You Go Out to Eat** - Be patient and understanding, smile and make eye contact. Remember that they're human too, and you can spread joy (and have a nicer dining experience!) by making their shift a little brighter. Don't forget to tip them!
2. **Plant a Tree** - Be kind to our Earth and our environment by planting a tree. Not only do they produce our oxygen, but they help clean pollutants from the world, and moderate the sun and wind.
3. **Set Goals for Yourself** - Creating a list of goals for the week, next few months, or even next few years is a great way to remind yourself of your own potential and power. Be kind to yourself!
4. **Text Someone You Love Good Morning or Good Night** - This is such a simple way of reminding someone you're thinking of them. Who doesn't feel happier knowing they're in someone's heart?
5. **Create a Bookmark About Kindness** - They can be as complex or simple as you like, just be creative with it! Then leave them in the book of a friend or loved one, or donate them to the library.
6. **Ask Someone Older in Your Life About Their Past** - Sometimes we take the stories of other people for granted when we're so caught up in our own lives. Take some time and ask someone older in your life to share their story—You'll probably be surprised by the experience they can share.
7. **Eat Locally** - Eating locally helps your community's farmers and small businesses. Local eatery owners and farmers also tend to put a lot of care into their craft, and giving them your business is a great way (and a tasty way!) to support your neighbors in the community.
8. **Help Out a Family Member or Friend in the Kitchen** - Whether it's in your own home or the next time you go to visit a loved one, give a little help in the kitchen! From meal prep, setting the table, or doing the dishes, there can be a lot to making a meal. Chipping in can really help in the kitchen!
9. **Wheel Out a Neighbor's Trash Bin** - We all forget even the most mundane tasks sometimes. Next time you notice your neighbor forgot to take their trash (or recycling!) bin to the curb, help them out by doing it for them. It's a small thing, but it'll make their day!
10. **Challenge Yourself to a Judgement Free Day** - We all judge each other or put people down sometimes; it's a flaw of humanity. Try to overcome this habit by letting go of negativity and have a day completely free of judgement in thoughts, actions, and words. You'll find it makes you happier too!
11. **Start a Community Garden (Or Join One!)** - Not only are community gardens great for the planet, they're a great way to learn about our neighbors! It's also a wonderful way to reduce our carbon footprint and gardening is a wonderful stress reliever.
12. **Start a Piggy Bank for a Cause** - Turn loose change into a way to make the world a little better. You'll be amazed how much you can save up just from spare change! Then donate it all to a good cause.
13. **Ship a Care Package** - Fill a box with goodies that will make a friend or family member smile, then send them a happy surprise in the mail. They'll be tickled by the surprise and the thought!
14. **Thank Someone** - We all have lives and things going on in the background. You might be surprised how much power a simple "thank you" has. Try to say it once a week, at least!
15. **Leave a Gift For Your Mail Carrier** - Our mail carriers do a lot! Leave them something as simple as a thank you note in your mailbox or a small gift card to remind them how much they're appreciated.