



20 RANDOM ACTS OF KINDNESS YOU CAN DO FOR FREE

- Smile at people you walk by
- Hold the door for someone
- Do a chore for someone without them knowing
- Read a book to someone younger than you
- Write a poem for someone
- Write a thank you note
- Write friendly messages on post-it notes and leave them around your community
- Call someone and tell them what you appreciate about them
- Write a positive message in chalk on the sidewalk to brighten a passerby's day
- Call a friend or relative that you haven't spoken to in a while
- Bring your neighbors' garbage cans up to the house for them
- Write a joke on a piece of paper and slip it into someone's lunchbox
- Record a video message to friends and family who are far away
- Volunteer at the local animal shelter or other non-profit organization
- Pick up garbage in your community
- Paint a cheerful picture or a positive thought onto a rock and leave it at a nearby park for someone to find
- Offer to weed or clean up your neighbor's yard.
- Let the person in line behind you go first.
- Make a thank you card for the garbage man and tape it to the top of the trash can.
- Go through your toys and donate the ones you don't play with to the children's hospital, family shelter, or someone in need.