



Let's Get This Kindness Party Started!

Kindness is contagious.

Sometimes all it takes to spark action is for one person to perform one small act of kindness. To help you inspire residents to demonstrate kindness, we're sharing 50 easy acts of kindness. One simple way to share this list with your community is to create a website landing page. Add the Kindness Counter to it, along with these tips, and watch kindness spread.

- 1 Put a surprise note or drawing in your spouse's or kid's lunch.
- 2 Post a genuine compliment to three people on social media.
- 3 Donate a piece of clothing every time you get a new one.
- 4 Compliment someone to their boss.
- 5 Smile at someone on the street, just because.
- 6 Allow someone into your lane. They're probably in a rush – just like you.
- 7 Let the person in line behind you at the supermarket go first.
- 8 Put sticky notes with positive slogans on the mirrors in restrooms.
- 9 Let someone else have that parking space.
- 10 Pay the toll for the person behind you in line.
- 11 Bring coffee, doughnuts or healthy snacks to share with your coworkers.
- 12 Compliment your boss for something you admire but have never expressed.
- 13 Pick up litter – even if someone else dropped it.
- 14 Visit a nursing home.
- 15 Donate new crayons, paper or other art supplies to the children's ward at your local hospital.
- 16 Take flowers to the office where your child goes to school to thank them for all they do.
- 17 Help out a single parent by offering to baby-sit.
- 18 Send a kind handwritten note to an unsuspecting neighbor.
- 19 Donate books to your local library.
- 20 Donate blood or plasma.



Let's Get This Kindness Party Started! (Continued)

- 21 Double tonight's dinner recipe and bring the extras to your neighbor.
- 22 Write a letter of recommendation for a colleague.
- 23 Stop at a kid's lemonade stand and buy a drink.
- 24 Hold the door open for the person behind you.
- 25 Anonymously pay for the meal of someone dining alone.
- 26 Leave the book or magazine you just read for someone else to find and enjoy.
- 27 Forgive someone. And really mean it.
- 28 Volunteer to read to kids at an after-school program.
- 29 Bring your spouse coffee in bed tomorrow morning.
- 30 Strike up a conversation with the person standing alone at a party or work function.
- 31 Listen to a friend having a tough time – without offering advice.
- 32 Stop when you see members of the military and say thanks for their service.
- 33 Put money in an expired parking meter.
- 34 Sign up to walk dogs at the animal shelter.
- 35 Donate new socks to a homeless shelter.
- 36 Wave to kids on a school bus.
- 37 Shovel snow or pick weeds for an older neighbor.
- 38 Cheer a friend up with a joke.
- 39 Leave a thank-you note for your mail carrier.
- 40 Drive slowly through neighborhoods.
- 41 Think before you speak in anger or under stress.
- 42 Give boxes to someone who is moving instead of trashing them.
- 43 Offer to help a friend pack or unpack.
- 44 Return the shopping cart to the store instead of leaving it in the parking lot.
- 45 Don't gossip.
- 46 Donate a sick or vacation day to a colleague battling a disease or caring for an ill relative.
- 47 Show up on time.
- 48 Leave detergent at the laundry mat for someone else to use.
- 49 Introduce yourself to a new neighbor and share a tip about a favorite local restaurant.
- 50 Offer your seat on the bus, train or plane so families or friends can sit together.