



KINDNESS

Pass it on!

Give a flower **Eat lunch with someone new**
Listen with your heart Visit a sick friend
Clean a neighbor's walk **Offer a hug**
Give an unexpected gift Make a new friend
Pick up litter **Say "hello"** Call a lonely person
Open a door *Help carry a load* Plant a tree
Pass a kindness on **Buy someone's meal**
Cheer up a friend **Thank a teacher** Give blood
Read to a child **Do one kind act every day**
Leave a thank you note *Offer your seat*
Tip generously **BE TOLERANT** *Let another go first*
Bake cookies for emergency workers **Tutor a student**
Give a compliment *Pay the next driver's toll*
Lend a hand Give a balloon to a child
Offer a ride *Celebrate the day* **Respect others**
Encourage a child *Walk a dog* **Do a favor**
Forgive mistakes Drive courteously *Share a smile*



www.actsofkindness.org

the random acts
of kindness foundation