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