

International Random Acts of Kindness Week

In honor of International Random Acts of Kindness Week, we invite you to print out this checklist and see how many of these acts of kindness you can perform in a week. Check them off as you do them—you can even add your own! Remember, **kindness is contagious—spread some today!**

- Go out of your way to thank someone today.
- Hold the door open for someone.
- Tweet or FB message or text a compliment or appreciation to one person right now.
- Add a kind note to someone's windshield or front door.
- Let a person with only one or two items go in line before you at the grocery.
- Say thank you to a janitor or custodian.
- Collect all your loose coins and donate to charity.
- Bring a crossing guard a cup of coffee.
- Give a friend a book that you like.
- Write a thank you note and/or bring a treat to your local firefighters.
- Leave inspirational notes in public places.
- Write five things you like about yourself.
- Send or text an old photo to a friend just to make them smile.
- Bring a bouquet of flowers to the hospital.
- Pay the toll for the person behind you.
- Give someone a hug.
- Say thank you to a police officer.
- When you get a new piece of clothing, donate an old piece.
- Purchase an extra bag of dog/cat food & bring it to a local shelter.
- Create your own act of kindness!
- Smile at a stranger, just because.
- Give up your seat.
- When everyone else is gossiping, be the one to butt in with something nice.
- Email/write an old teacher who had a big influence in your life.
- When you go to get something for yourself in the kitchen, get some for the rest of your family.
- Treat a friend to a movie.
- Feed the birds.
- Help an elderly neighbor.
- Make dinner for a busy family.
- Leave money on a vending machine with the note "Your snack/drink is on me!"
- Donate used books.
- Write and mail a handwritten letter to a friend.
- Bake some cookies (slice and bake work just fine!) and bring them to your neighbor.
- Pick up litter.
- Leave a nice server the biggest tip you can afford.
- Forgive someone.
- Let someone into your lane while driving.
- Invite someone who is alone over for dinner.
- When you are picking up some coffee for yourself, pick one up for a friend.

Name _____