



**The following is a list of ideas for potential Acts of Kindness to get you started, but the sky's the limit, so feel free to get as creative as you like.**

- 1) Add money to an expired meter.
- 2) Buy someone a cup of coffee that is behind you in line at Starbucks.
- 3) Pay the toll for the person in the car behind you.
- 4) Pay for someone's tank of gas at the gas station.
- 5) Offer to water your neighbor's lawn or garden while they are on vacation.
- 6) Go to the library and pay off someone's fines for late returns.
- 7) Go to the courthouse and pay off someone's parking ticket.
- 8) Pay someone's dry cleaning bill the next time you're at the dry cleaners.
- 9) Buy someone a car wash.
- 10) Boy Scouts are selling popcorn right now at local grocery stores. Make a donation to their cause.
- 11) Carry someone's groceries to their car.
- 12) Open the door for someone who needs assistance.
- 13) Offer to wash your neighbor's car when you are washing yours.
- 14) Help someone stopped along the side of the road having car trouble.
- 15) Buy someone flowers just for fun.
- 16) Leave a huge tip — it makes a waitperson's day!
- 17) Send a former teacher a thank you note for the difference they have made in your life.
- 18) Buy a movie ticket for the person behind you in line.
- 19) Buy a lottery ticket and put it on someone's car.
- 20) Give fast food gift certificates/fruit or pre-packaged food to the homeless.
- 21) Scrape someone's windshield on a snowy day.
- 22) Buy someone hot chocolate on a cold day.
- 23) Offer to babysit for your neighbor or family members for a night/afternoon/day/weekend. (Single mom's really appreciate that! And married couples could use a date night.)
- 24) Organize a work-related event which supports a cause (i.e. Cure for Cancer walk, blood donation, food drive, Bolder Boulder run, etc.) If everyone donated a small amount, it could add up and make a big impact.
- 25) Gather family members and/or your neighbors and make some brown bag lunches and drop them off at the local homeless shelter.
- 26) Make a cake or dinner for someone — just because!
- 27) Coordinate a community event at a local school... (i.e. clean up day, plant a garden day, etc... elementary schools love that!)
- 28) Help someone who's car is stuck in snow/ice dig out.
- 29) Give someone your coat when it's cold — it doesn't get any kinder than that!
- 30) Shovel your neighbor's walk on a snowy day.
- 31) Adopt an abandoned puppy/kitten or take it to an animal shelter.
- 32) Sweep your neighbor's porch (if elderly or single parent).
- 33) Clean your neighbor's garage (if elderly or single parent).

- 34) Find out what your strength is and offer it to someone who needs it (For example, if you're good at writing resumes, offer to teach a class at a local community center... Retired, low-income, stay-at-home mothers may all attend... Offer to be a resource for them in the future).
- 35) Call a cab for a friend who's been drinking too much — and pay for it.
- 36) Sponsor a golf event or motorcycle ride for a charity.
- 37) Offer to read stories to children at a local library or hospital.
- 38) Write a personal greeting card to a friend who needs it. Hand-written notes make a difference!
- 39) Offer to work out with someone who needs the support (A walk around the block once a day could make a difference. Or even better, coordinate with many people on your block or at work and form a work-out or walking schedule... It's all about the support!).
- 40) Coordinate a "block sale" (Get rid of your old stuff!) Whatever isn't sold, offer to take it to a local thrift store... Give it away.
- 41) Become a big brother or big sister.
- 42) Volunteer during Thanksgiving and Christmas at a local homeless shelter.
- 43) Start your own community meal program for a local group in need during the holidays or contribute to an existing agency's program.
- 44) Deliver gifts to the terminally ill at your local children's hospital.
- 45) Drive around your town and pass out subway sandwiches to the homeless.
- 46) Order a bunch of pizzas and have them sent to an after-school program.
- 47) Take an underprivileged youth on a shopping spree.
- 49) Volunteer at your local retirement center.
- 50) Deliver a turkey dinner to those in need.
- 51) Give grocery store gift cards to someone in need.
- 52) Pull your neighbor's weeds.
- 53) Pick up trash on the side of the highway or off of a local road.
- 54) Tell a cashier, customer service rep, or banker, how much you appreciate their help or that they are doing a great job!
- 55) Buy a co-worker or your boss lunch.
- 56) Buy school supplies for the local boys/girls club.
- 57) Offer to help a friend or co-worker move.
- 58) Do some laundry for a sick friend, sibling, or parent.
- 59) Give a coupon to a family for reduced admission to a zoo, museum or amusement park.
- 60) Offer to tutor a fellow classmate.
- 61) Listen to a friend or family member talk about their problems or successes.
- 62) Donate your clothes to a charity.
- 63) Walk your neighbor's dog.
- 64) Buy Kool-Aid® from the kids' stand on your street.
- 65) Stop and help a stranded driver change their tire.
- 66) Pull over when you witness an accident and help out.
- 67) Start your own R2K initiative within your school, workplace or neighborhood.