

# RANDOM ACTS OF KINDNESS CHALLENGE

*kindness everyday*

GIVE A STRANGER A COMPLIMENT

  
1

GATHER BOOKS YOU NO LONGER WANT AND DONATE THEM

  
2

WRITE A THANK YOU NOTE

  
3

GIVE SOMEONE A LOTTERY TICKET & WISH THEM LUCK

  
4

MAKE A FAMILY MEMBER THEIR FAVORITE DINNER

  
5

HOLD THE DOOR OPEN FOR PEOPLE TODAY

  
6

FREELY OFFER SOMEONE YOUR SKILLS

  
7

BRING YOUR NEIGHBORS FLOWERS

  
8

PACK AN EXTRA LUNCH TO GIVE AWAY

  
9

HELP SOMEONE LOAD THEIR GROCERIES

  
10

WRITE AN ENCOURAGING NOTE

  
11

LEAVE A GENEROUS TIP

  
12

TAPE A DOLLAR BILL TO THE VENDING MACHINES

  
13

DROP OFF TENNIS BALLS TO A DOG PARK

  
14

WRITE A NOTE TO YOUR CHILD'S TEACHER

  
15

GIVE BLOOD

  
16

FIND A PLACE TO VOLUNTEER

  
17

DONATE CLOTHES YOU NO LONGER WEAR

  
18

ASK SOMEONE HOW YOU CAN HELP THEM

  
19

OFFER TO DO A HOUSEHOLD CHORE YOU NORMALLY DON'T DO

  
20

SEND SOME CARDS IN THE MAIL TO FRIENDS/FAMILY 'JUST BECAUSE'

  
21

COLLECT POP TABS OR BOX TOPS TO DONATE TO A SCHOOL

  
22

BUY A GIFT CARD AT THE GROCERY STORE & GIVE IT TO THE PERSON BEHIND YOU

  
23

PAINT A MESSAGE ON A ROCK AND LEAVE IT SOMEWHERE

  
24

WRITE A POST ON SOCIAL MEDIA BRAGGING ON A FRIEND OR LOVED ONE

  
25

FEED THE BIRDS

  
26

PRINT OUT POSITIVE QUOTES & LEAVE THEM FOR OTHERS

  
27

PICK UP LITTER IN A PARK

  
28

ADOPT SOMETHING! AN ANIMAL, A CLASSROOM, A SOLDIER, A FAMILY...

  
29

DONATE TO A MICRO-LOAN THROUGH KIVA

  
30

Throw kindness around like  
**CONFETTI**