

101 SUGGESTIONS FOR

Random Act Of Kindness Day®

1. Send a letter or card, or phone a friend or relative you haven't seen in a while.
2. Give someone a hug.
3. Visit an elderly friend, or someone who is sick.
4. Offer to drive someone to an appointment or run an errand.
5. Send a thank you note to a co-worker appreciating their efforts and the difference they make.
6. Assist a co-worker or classmate with a project.
7. Dedicate a song on the radio to a special someone.
8. Buy coffee for the person in line behind you.
9. Share your professional expertise with someone in need of your skills.
10. Babysit for a single parent.
11. Carry your neighbour's garbage out to the curb.
12. Let someone go ahead of you in line at the store.
13. Rake your neighbour's leaves or sweep their sidewalk.
14. Help out with household chores.
15. Say hello to someone you pass on the street.
16. Offer to wash someone's car.
17. Store furniture for someone.
18. Help someone move.
19. Lend your bicycle/car/tools to someone.
20. Share your discount coupons.
21. Let your staff go home a little early.
22. Write a poem or paint a picture for someone.
23. Make a donation in someone else's name.
24. Hold a door open for someone.
25. Help someone struggling with a heavy load.
26. Carry someone's groceries to their car.
27. Volunteer your time and skills.
28. Arrive at work early to make coffee for your co-workers.
29. Top up an expired parking meter.
30. Donate your gently used goods to a charity or shelter.
31. Assist someone in need of roadside help.
32. Congratulate/comfort a team mate.
33. Let someone in ahead of you in traffic.
34. Stop to offer directions.
35. Reward a loyal customer.
36. Thank a business owner/staff person who has provided you with excellent service.
37. Tell your siblings you love them.
38. Tidy up the staff kitchen at your office.
39. Pick up litter.
40. Pick up clothing that may have fallen off a hanger in a store.
41. Compliment someone.
42. Hold the elevator.
43. Cook your family's favourite dinner.
44. Carpool to save someone the drive.
45. Ride your bike to work/school be kind to the environment.
46. Leave extra coins in the laundry room.
47. Help someone with their resume.
48. Refer a job opening to someone looking for a position.
49. Offer someone a piece of gum/mint/candy.
50. Share a favourite recipe with a friend or co-worker.
51. Donate your time at the food bank or soup kitchen.
52. Take your kids to the park.
53. Let your kids stay up later than usual if there isn't school the next day.
54. Teach your kids how to make cookies.
55. Take your dog for an extra-long walk.
56. If you see someone with their tail light or brake lights out, let them know.
57. Talk to someone who's sitting on their own at an event.
58. Share your garden produce with friends, neighbours or coworkers.
59. Comfort someone who is in need.
60. Phone your grandparents.
61. Give up your seat on the bus for another passenger.
62. Tip your barista.
63. Donate food or money to the food bank.
64. Share your notes with someone who has missed a class or meeting.
65. Donate blood.
66. Put a treat in your kids' lunch box.
67. Trade shifts with a coworker who needs the time off.
68. Let a group or organization use your boardroom for a meeting.
69. Bring leftover catered food to a homeless shelter.
70. Help a senior with housework or make their lunch for them.
71. Plant a tree.
72. Organize a neighbourhood block party.
73. Join your Neighbourhood Watch.
74. Smile and say hello to strangers.
75. Share flowers from your garden with coworkers, friends or family.
76. Get a group together to entertain at a senior's residence.
77. Offer to cover the receptionist over the lunch hour so they can have an extra-long lunch.
78. Clean graffiti in your neighbourhood.
79. Offer a Random Act of Kindness Day discount at your business
80. Bake cookies for your postal carrier.
81. Fix or repair items for someone who doesn't have the skill set to do it themselves.
82. Send anonymous flowers to someone.
83. Form a committee to do a neighbourhood clean-up.
84. Organize a neighbourhood garage sale.
85. Thank a teacher.
86. Give a friendly welcome to newcomers in your neighbourhood, at work, or at school.
87. Write a reference letter or post one on LinkedIn for someone who is not expecting it.
88. Give things away free on UsedVictoria.
89. Tutor a student who is struggling with a subject that you know well.
90. Offer to share your umbrella on a rainy day.
91. Tell your staff/employees how important they are to your business.
92. Give out kindness certificates that people can redeem for a favour later.
93. Donate or give your season's theatre/hockey tickets to someone when you aren't going to use them.
94. Put your phone away and really listen.
95. Send a letter of thanks to someone who has made a difference in your life.
96. Bring treats to work for your coworkers.
97. Thank the crossing guard for taking care of the children going to school each day.
98. Thank a police officer, firefighter or paramedic.
99. Make an extra lunch and give it away.
100. Give someone a book you think they'll enjoy.
101. Leave a magazine behind in a coffee shop for someone else to read.

Random Acts of Kindness – Kindness is PRICELESS and AGELESS!