



# 101 Acts of Kindness

## "Kindness Never Goes Out of Style"

1. Call a friend that you haven't spoken to in a while.
2. Tell a family member how much you love them.
3. Do a favour for someone without them knowing.
4. Tell a joke to cheer someone up.
5. Send an inspirational quote to someone.
6. Tell someone how much you appreciate them (be specific).
7. Feed the birds.
8. Leave kind notes around town.
9. Pick up litter in your local park.
10. Call your grandparents and ask them about their childhood.
11. Send someone you know a picture of a cute animal.
12. Let someone go ahead of you in the cue.
13. Compliment a friend.
14. Bake some cookies for a neighbour.
15. Walk your neighbour's dog.
16. Plant something.
17. Ask an elderly neighbour if they need something at the shop.
18. Send an inspirational story to someone you know.
19. Set up a fundraiser for a children's charity.
20. Write thank you letters to key workers.
21. Tell someone that you are proud of them.
22. Help make dinner.
23. Make a get-well card for someone.
24. Set the table for dinner without being asked.
25. Spend time playing with a pet.
26. Offer support to a vulnerable neighbour.
27. Tell someone why they are special to you.
28. Donate old toys and clothes.
29. Buy a coffee for a stranger.
30. Make a cup of tea for someone you live with.
31. Talk to someone new at school.
32. Send flowers to your teacher.
33. Offer to share a skill with a friend.
34. Donate to a foodbank.
35. Paint a picture for someone.
36. Turn off the water while brushing your teeth.
37. Lend an ear, ask somehow how they are doing and listen
38. Write inspirational messages with chalk on the pavement.
39. Donate grooming supplies to a homeless shelter.
40. Give a lottery ticket to a stranger.
41. Call a friend you haven't seen in a while to say hello.
42. Send a postcard to a friend.
43. Ask for donations instead of birthday gifts.
44. Wave at bus drivers.
45. Draw pictures to decorate a nursing home.
46. Clean your room without being asked.
47. Smile at everyone you see (they are contagious).
48. Donate books to a charity shop or library.
49. Tell someone how much you love them.
50. Read a book to someone.



51. Draw pictures to decorate a nursing home.
52. Hold the door open for someone.
53. Write a letter to your teacher to let them know how great they are.
54. Say thank you when you see service members.
55. Make a thank you sign for doctors and nurses.
56. Make friendship bracelets for people you care about.
57. Reduce your carbon footprint.
58. Bring your neighbours' garbage cans up for them.
59. Take care of someone's pet while they're away.
60. Tape a video message for faraway friends.
61. Leave kindness notes around the house.
62. Hug a tree.
63. Reuse paper when you are drawing.
64. Give someone a 20 second hug.
65. Volunteer at a soup kitchen.
66. Write a note and put it in someone's lunch.
67. Write a poem for a loved one.
68. Make a homemade gift for someone.
69. Offer to send someone a takeaway meal.
70. Arrange to have a video lunch with a friend.
71. Create bookmarks and leave them in library books.
72. Find out something new about a friend.
73. Text someone good morning or good night.
74. Support small business.
75. Send an encouraging email.
76. Recycle.
77. Walk instead of driving.
78. Start a community garden.
79. Reuse or personalise gift-wrap.
80. Write down someone's best qualities.
81. Build a birdhouse.
82. Start an exercise routine.
83. Write a handwritten letter.
84. Use a reusable water bottle.
85. Start a piggy bank for a cause.
86. Send a care package.
87. Befriend the new kid in school.
88. Make a handmade card.
89. Bring reusable bags to the grocery store.
90. Leave a surprise in your mailbox for your carrier.
91. Ask a person who's serving you how their day is going.
92. Give an honest compliment.
93. Offer your help to someone.
94. Say hello to everyone you pass.
95. Take a minute to help someone who is lost.
96. Water a neighbour's flowers.
97. Wash someone's car.
98. Make your parent's breakfast in bed.
99. Give up your seat on the bus.
100. Spread encouragement online.
101. Be kind to yourself!