

Random Acts of Kindness Ideas

- 75 ideas to promote kindness -

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1. Hold the door open for someone.
2. Pay for the drive thru order of someone behind you.
3. Send snail mail to a friend.
4. Call your parents.
5. Bring a treat to a friend.
6. Send an I love you text to someone you care about.
7. Instead of wishing someone happy birthday on Facebook, call them and tell them how much they mean to you.
8. Leave change in an envelope for someone at the vending machine.
9. Return someone else's cart at the grocery store
10. Visit your neighbor.
11. Leave a thank you note for your mail carrier.
12. Hide a note of encouragement in a library book.
13. Take old blankets, towels, and sheets to the animal shelter.
14. Be a friendly driver.
15. Bring a meal to someone who needs it.
16. Leave a coupon next to the item it is for in the grocery store.
17. Call and check on someone you know lives alone.
18. Tell someone they're doing a great job!
19. Pay for the toll of the person behind you.
20. Call a homeless shelter. Ask what they need. Bring it.
21. Drink water. Take a hot shower. Go for a walk. Be kind to yourself!
22. Drop a few coins at a playground for a child to find.
23. Walk the talk. Follow through on something you've been meaning to do.
24. Offer your expertise to someone who is new in your field.
25. Mail a surprise to a far away friend.

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26. Buy a treat for the cashier when you check out.
27. Drop off a new stuffed animal to your fire station. Many fire stations keep a small stash to give to a child in crisis.
28. Leave a “have a happy day” note on the windshield of someone’s car.
29. Hide a note in the lunch box of your spouse or child.
30. Get down to their level and look children in the eye when they speak to you.
31. Smile. It’s amazing what an upside-down frown can do to drown out gloom and despair.
32. Ask how someone is and mean it. Don’t just say, “How are you?” out of habit. Say it intently and fully – and stay for an answer.
33. Volunteer-from-home. Offer to design a website or write an article for a non-profit. Stuff envelopes for the food bank. Plan an event for the local birth center. Coordinate a clothes swap and give the remaining apparel to charity. Think of what talents you have and then put them to good use in the community.
34. Write a thank you note.
35. Adopt a family. Call a local shelter or refugee organization – and ask if it would be possible to adopt a family. Find out the names and ages of each member of the family – and go shopping for clothes, shoes, and groceries.
36. Give a genuine compliment, don’t just think them!
37. Leave flowers or cookies on somebody’s desk. Your husband’s desk. A co-worker’s desk. A teacher’s desk. Pick someone, bake up something unbelievable, and then give it away.
38. Leave \$1 bills in FIVE random bins in the \$1 section
39. Leave a roll of pennies by the fountain & a note card telling about making wishes
40. Watch for someone doing a random good deed & give them a gift card
41. Take a donation to the animal shelter
42. Leave \$1 bills in random books at Barnes & Noble
43. Help elderly carry their groceries out and put them in their car
44. Leave quarters at the laundromat.
45. \$5 in the credit card slot at the gas pump
46. Leave lottery scratch tickets in random places.
47. Let someone go ahead of you in line. Don’t be in such a hurry!
48. Leave a HAPPY sidewalk message and join the sidewalk art revolution.
49. Post happy quotes on post-its in random places.
50. Host a birthday party for a homeless child.
<http://www.thebirthdaypartyproject.org/>

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51. Deliver crayons, sharpies, post it notes, paper to the pediatric ward.
52. Go to Baby's R Us and leave a gift card in the diaper/baby section
53. Regift an unused gift card on someone's windshield
54. Buy flowers at Trader Joe's and give them to someone on their way out of the store.
55. Give a special note/tip or bouquet to one of the workers at the mall food court cleaning tables.
56. Donate your airline miles to Make A Wish.
57. Bring stamps and blank cards to a nursing home and set up a card station.
58. Donate to a domestic abuse shelter.
59. Tape money for a Redbox rental.
60. Send a dessert to another table at a restaurant anonymously.
61. Compliment a store clerk to their manager.
62. Donate to the food bank – time AND food.
63. Send a Hugs and Hope card hugsandhope.org
64. Go on an Operation Beautiful note spree. operationbeautiful.com
65. Tweet and Facebook about an important cause
66. Busy books for the ER – fill bags with inexpensive coloring books, crayons, etc. to leave in the waiting room.
67. Travel Size Care for the Homeless – Buy items you will stuff into a sock (put the other sock in too), toothpaste, deodorant, toothbrush, lotion, Band-Aids, hand sanitizer, wet ones, sunscreen etc. Alcohol free is good. Keep one or more kits in your car.
68. Surprise someone – this is a wild card. Your choice.
69. Let someone take the last parking spot.
70. Let someone take your seat on public transportation.
71. Drop off bus/metro passes to a shelter.
72. Offer to take a photo for a group so no one is left out.
73. Always return your cart.
74. Collect umbrellas and give them out with a smile.
75. Say “good morning” and “thank you” to public service workers.

For more ideas on how to promote kindness, contact the Activities, Involvement and Leadership Office at randka@uwec.edu