

Unit Tips for Success

Ideas for Everyday Kindness and Good Turns

Source: The Random Acts of Kindness Foundation

- Say something nice to everyone you meet today.
- Send a treat to a school or daycare center.
- Volunteer at an agency that needs help.
- Wipe rainwater off shopping carts or hold umbrellas for shoppers on the way to their cars.
- Give the gift of your smile.
- Send home a note telling parents something their child did well.
- Adopt a homeless pet from the humane society.
- Organize a Scout troop to help people with packages at the mall or grocery store.
- Host special programs or speakers at libraries or bookstores.
- Offer to answer the phone for the school secretary for 10 minutes.
- Volunteer to read to students in the classroom.
- Write notes of appreciation and bring flowers or goodies to teachers or other important people, such as the principal, nurse, custodian, and secretary.
- Incorporate kindness into the curriculum at area schools, daycare centers, or children's classes in faith organizations.
- Give a hug to a friend.
- Tell your children why you love them.
- Write a note to your mother or father and tell them why they are special.
- Pat someone on the back.
- Write a thank-you note to a mentor or someone who has influenced your life in a positive way.
- Give coffee to people on their way to work in the morning.
- Donate time at a senior center.
- Give blood.
- Visit hospitals with smiles, treats, and friendly conversation for patients.
- Stop by a nursing home and visit a resident with no family nearby.
- Deliver fresh-baked cookies to city workers.
- Collect goods for a food bank.
- Bring flowers to work and share them with coworkers.
- Garden clubs can make floral arrangements for senior centers, nursing homes, hospitals, police stations, or shut-ins.
- Adopt a student who needs a friend, checking in periodically to see how things are going.
- Volunteer to be a tutor at a school.

- Extend a hand to someone in need. Give your full attention and simply listen.
- Merchants can donate a percentage of receipts for the week to a special cause.
- Bring coworkers a special treat.
- Students can clean classrooms for the custodian.
- Buy a stranger a free pizza.
- Distribute lollipops to kids.
- Sing at a nursing home.
- Offer a couple of hours of babysitting to parents.
- Slip paper hearts that say "It's Random Acts of Kindness Week! Have a great day!" under the windshield wipers of parked cars.
- Have a charity day at work, with employees bringing nonperishable food to donate.
- Serve refreshments to customers.
- Draw names at school or work, and have people bring a small gift or treat for their secret pal.
- Remember the bereaved with phone calls, cards, plants, and food.
- Treat someone to fresh fruit.
- Pay a compliment at least once a day.
- Call or visit a homebound person.
- Hand out balloons to passersby.
- Give free sodas to motorists.
- Be a good neighbor. Take over a baked treat or stop by to say hello.
- Transport someone who can't drive.
- Mow a neighbor's grass.
- Plant flowers in your neighbor's flower box.
- Give another driver your parking spot.
- Leave a treat or handmade note of thanks for a delivery person or mail carrier.
- Give free car washes.
- Clean graffiti from neighborhood walls and buildings.
- Tell your boss that you think they do a good job.
- Tell your employees how much you appreciate their work.
- Let workers leave an hour early.
- Have a cleanup party in the park.
- Tell a bus or taxi driver how much you appreciate their driving.
- Have everyone in your office draw the name of a Random Acts of Kindness buddy out of a hat and do a kind act for their buddy that day or week.
- Give a pair of tickets to a baseball game or concert to a stranger.
- Leave an extra big tip for the waitperson.
- Drop off a plant, cookies, or donuts to the police or fire department.
- Open the door for another person. Pay for the meal of the person behind you in the drive-thru.
- Write a note to the boss of someone who has helped you, praising the employee.
- Leave a bouquet of flowers on the desk of a colleague at work with whom you don't normally get along.
- Call an estranged family member.
- Volunteer to fix up an elderly couple's home.

- Pay for the person behind you in the movie line.
- Give flowers to be delivered with meal delivery programs.
- Give toys to the children at the shelter or safe house.
- Give friends and family “kindness” coupons they can redeem for kind favors.
- Be a friend to a new student or coworker.
- Renew an old friendship by sending a letter or small gift to someone you haven’t talked with in a long time.
- For one week, act on every single thought of generosity that arises spontaneously in your heart, and notice what happens as a consequence.
- Offer to return a shopping cart to the store for someone loading a car.
- Invite someone new over for dinner.
- Buy a roll of brightly colored stickers and give them to children you meet during the day.
- Write a card of thanks and leave it with your tip. Be sure to be specific in your thanks.
- Let the person behind you in the grocery store go ahead of you in line.
- When drivers try to merge into your lane, let them in. Wave and smile.
- Buy cold drinks for the people next to you at a ball game.
- Distribute kindness stickers and bookmarks, available from the Random Acts of Kindness Foundation.
- Create a craft project or build a birdhouse with a child.
- Give a bag of groceries to a homeless person.
- Laugh out loud often and share your smile generously.
- Plant a tree in your neighborhood.
- Make a list of things to do to bring more kindness into the world, and have a friend make a list. Exchange lists and do one item per day for a month.
- Use an instant camera to take people’s photographs at a party or community event, and give the picture to them.
- As you go about your day, pick up trash.
- Send a letter to some former teachers, letting them know the difference they made in your life.
- Send a gift anonymously to a friend.
- Organize a clothing drive for a shelter.
- Buy books for a daycare or school.
- Slip a \$20 bill to a person who you know is having financial difficulties.
- Take an acquaintance to dinner.
- Offer to take a friend’s child to ball practice.
- Waive late fees for the week.