Write a poem for a far-away relative.
Gather with cocoa and write gratitudes on paper hearts, then use them to decorate.
Leave a thank-you note for your trash collector.
Leave love notes about the stories in your library books.
Use these placemats at dinner: bit.ly/PithyPlacemat
Tell 3 friends what you love about them.
Transform something from your recycle bin into a toy or a piece of art.
Leave a thank you for your mail carrier.
Tape quarters to a vending machine.
Pay for someone else’s popcorn at the movie theater.
Make a tear-off poster. Post it somewhere public: bit.ly/3J80ph2
Create and send a video thank you for one of your favorite holiday gifts.
Make a Gratitude-on-the-Go Kit and stash it in a car or backpack: http://bit.ly/3kAS3o6
Bake or buy treats for a neighbor.
Read a big-hearted book & discuss. bit.ly/DGTbooks
Offer to pick up groceries for a neighbor.
Hang a homemade birdfeeder. bit.ly/bhfBirdFeeder
Create art and send to ColorASmile.org.
Over dinner, ask and answer: Who did you help today? Who helped you?
Share your smile with 10 people today.
Fold an origami heart for someone special in your life: http://bit.ly/3DaEsKB
Together, write a kind story. bit.ly/BHFStoryStarter
Talk to someone new; make a new friend.
Count the items in your fridge & donate that many quarters to a hunger charity.
Take a walk and pick up litter on the way.
Go out for cocoa and pay for the person behind you in line.
Plan your next volunteer opportunity. Find ideas at: DoingGoodTogether.org/bhf/pick-a-project.

Visit us for more simple tools to grow big hearts!
DoingGoodTogether.org/BigHeartedFamilies

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