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The tips below are excerpted from **“150 Ways to Sprinkle Kindness in Your Community, 50 Uplifting Stories that Champion Kindness, and 20 Inspirational Quotations.”** The paperback and E-book are available on **Amazon.**

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1. Fill a vase or Mason jar with flowers from your garden. Decorate the jar with paint and ribbon. Tie a kind message to the jar and leave it for a neighbor to lift their spirits.
2. Fill a thrift shop tea cup or mug with Hershey Kisses or dollar store candy. Add a cheery note. Take it to someone who needs a day-brightener.
3. Think of ways to help an elderly neighbor—mow the lawn, shovel the snow, unpack groceries, water flowers, pull weeds, or run errands. Ask how you may be of help.
4. Take a homemade batch of cookies to a Veteran’s Hospital. Share the cookies with patients and staff.
5. Contact an animal shelter and ask if you and your child can volunteer together to give cats and dogs extra attention. You will be able to take the dogs into the yard,

play with them, and brush them. You will also have fun in the cat room with toys and treats.

6. Write a note of appreciation to someone. Even and especially if there isn't a particular occasion for appreciating them. Random kindness can be exactly what someone needs in the middle of a hard week.
7. Start a monthly book club at a nursing home. Let residents vote on the book to read and bring gently used or large print copies of the book to the home for residents to read.
8. Interview an older relative or neighbor. Let them share their wisdom and stories about their life. Ask them how things have changed in their lifetime.
9. Show kids, by your example, the value of volunteerism. Collect food for the hungry, help at a soup kitchen, find homes for unwanted pets, collect clothes and sports equipment for families in need. It feels good to help others.
10. Buy a gift card to a local grocery store for a family in need. A grocery trip can get expensive and that gift card will be so appreciated.
11. Offer to pay someone's utility bill, car insurance payment, or cell phone bill if you know they are struggling with their finances.
12. Purchase colorful bouquets from your grocery and take a few to a nursing home. Ask the activity director to give them to some folks who have no visitors.
13. Have a yard sale and donate the money to a charity. Advertise that your yard sale will support charity and encourage others to make an extra donation for the charity.
14. Contact the nurse at your local school. Ask if there are female students who need feminine products. Take up a collection and deliver to the school.

15. Volunteer to deliver Meals on Wheels—a good activity for a parent and child or a retired person.
16. Give ice cream treats to people working outside when it is very hot. Bring popsicles or ice cream sandwiches.
17. Volunteer to raise a service dog—there are many organizations looking for volunteers to do this.
18. Adopt a rescue animal. Consider adopting a senior animal or an animal who has been at the shelter for a long time. These animals need loving homes as much as the young puppies and kittens do.
19. Look into becoming an emergency foster parent. Emergency caregivers provide short-term care when a child needs a safe place to stay immediately.
20. Call a local charity that distributes clothing to families in need. Ask if there is a particular item that they need. For instance, the charity may need new and gently-used shoes.
21. Use your expertise to help others. Teach what you know. Offer to teach a class for free at a local community center or library.
22. Call a homeless shelter and ask what they need. Then follow up with a collection for socks, sweat suits, snacks, blankets, coats, toys, books, etc.
23. Arrange to pick up day-old flowers from a grocery store and take them to nursing home residents.
24. Invite a veteran to share a meal with your family. Create a patriotic themed dessert to have after the meal.
25. Contact a food pantry and ask if they know of families in need of food but who are unable to pick it up. Offer to be the delivery person.

26. Put some soil and a little plant in a tea cup. Surprise a shut-in with the tea cup plant.
27. Ask the pastor of a church if there are members of the congregation serving in the military. Arrange to send them care packages.
28. If you know of someone who is ill, ask them for a list of items that they need and do the shopping for them.
29. Make a tray of lasagna or your specialty meal for someone who is struggling. Make enough that they can save some for another night if they need to.
30. Host a fundraiser for a charity. Have a yard sale or lemonade stand. Encourage neighbors to do the same.
31. Gather your friends and make Birthday Boxes. Connect with your local foster care agency. Tell them about your idea—that you and your friends want to make the day special for kids in foster care. Prepare “Birthday Boxes” that contain things you can buy at a dollar store—candles for a cake, birthday card, birthday banner, streamers, party blowers, bubbles, treats, a gift card for a cake at a local grocery store, party bags, juice boxes, etc.
32. Make or purchase cards of encouragement and take them to a nursing home. Deliver pictures, letters, drawings, and simple notes of cheer to lessen the isolation of the elderly residents.
33. Paint smooth rocks with pretty designs. Wash them first. Write a positive message on each rock—“I believe in you,” “You can do it,” “You are special.” Leave them where people can find them. Or offer to host a Rock Painting Party for seniors. Bring all the supplies. Purchase a bucket of flat rocks at a landscaping

store if you can't find enough in your neighborhood. There is a lot of information online about rock painting supplies and ideas.

34. Buy lottery tickets and give them to friends and loved ones. Attach a note with a fun message.
35. Pay the toll on a highway for the person behind you. Thank the toll worker for doing their job, too.
36. Create a sense of belonging for a new family moving into your neighborhood. Knock on the door and introduce yourself. Invite them over for cake and ice cream. Walk your dogs together. Invite them to go to a sporting event or playground with your family. Give them a list of resources in the community.
37. If someone from your neighborhood is moving away, make a photo album of pictures of friends.
38. Surprise someone with a bouquet of wildflowers. Use a glass drink bottle for a vase. Decorate the drink bottle with ribbon and paint.
39. Hide sticky notes where your family members will find them—a joke, a message of gratitude, a positive thought, or a happy memory.
40. If a neighbor is struggling with a school subject, offer to tutor them in their home or in a public library.
41. Leave a treat and a thank you note for your mail carrier or package delivery truck driver.
42. Write positive messages or a joke with chalk on your driveway or sidewalk. Make a sidewalk "obstacle course" for children in your community—include hopscotch, directions to dance or spin around, and fun alphabet games.

43. Buy a zoo pass or local museum pass for a family with kids who can't afford such a day trip.
44. Visit a friend and talk about what matters to her. Just listen to her doubts, fears, and pain.
45. Buy a few gallons of ice cream and take it to families with kids on a hot summer's day.
46. Buy a large T-shirt and have friends write messages on it—give to someone who is healing from an illness or who needs comfort and support.
47. Have your children write a Thank You note for a kindness done to show heartfelt appreciation. Explain why it's important to express gratitude to others.
48. Greet people; "Good morning. How are you? Have a nice day." Greeting someone is a small way to change someone's day for the better.
49. Bring a treat to the school custodian. Tell him why you think he is terrific and why you appreciate him keeping the school clean.
50. How can you use your hands, eyes, and feet to make a difference in your neighborhood? Brainstorm some ideas at your dinner table.
51. Teach children to hold doors for people, offer their seat to an elderly person, or offer to do a chore—just because.
52. Think of someone who needs cheering up. Make a care package and leave it at their door. Fill it with useful items and items to help them relax.
53. Contact a local bakery and ask if they have treats to share at closing time. Offer to pick them up and then take them to a shelter, food pantry, or a neighbor to make their day a little sweeter.

54. If you have a glass front door, paint it with a cheerful picture. Or, if you are an artist, offer to paint a beautiful golden angel or holiday illustration on the glass windows or door of an elderly neighbor. It is a simple way to brighten the neighborhood.
55. Surprise the waitress with an extra \$10 on her tip. Leave cash on your table if you can.
56. Leave a note and change at a Car Wash vacuum station. The note might say, “Surprise—here is the exact change that you need to vacuum your car today.”
57. Get a group of friends and plan a program that you can offer at no charge for nursing home residents.
58. Contact an animal shelter or your local SPCA and ask if they need old blankets, towels, or sheets for beds.
59. Take a CPR or first-aid class so you are prepared to help in an emergency. Keep your certification up to date.
60. Collect stuffed animals for nursing home residents. Find nice ribbon and give each a fun bow. Deliver the stuffed friends to residents to make their day.
61. Take treats to your local fire station or police station. Thank these community helpers for all that they do.
62. Contact a children’s hospital and ask what you could collect for the children. What do they need—coloring books, markers, dolls, or stuffed animals?
63. Volunteer at a soup kitchen. Ask what items the kitchen is most in need of—offer to donate some of those items.
64. While eating in a restaurant, anonymously give the waitress extra money to pay for someone’s meal. Then watch and see the look of surprise when they find out.

65. Gather your change and put money in close-to-expiration or expired parking meters.
66. Spend an hour picking up litter at a park. Enlist friends and family to do a stream or park cleanup day with you.
67. Buy a case of water bottles. Give them to people who are working outside on a hot day.
68. Buy some meals at a fast-food restaurant and give them to homeless, unsheltered, or un-housed people.
69. Pack small brown lunch bags with peanut butter and jelly sandwiches, a bottle of water, a candy bar, and some fruit. Add a note of encouragement. Give the bags to people who are homeless.
70. Let someone go ahead of you in the grocery store line. Offer to help an elderly person load their groceries into their car.
71. Volunteer to rock the “preemies” (premature babies) at a nearby hospital. The parents can’t be there 24/7, and human touch helps the babies thrive.
72. Do you know how to style hair or do manicures? Offer your services to kids in foster homes, women in shelters, or people living in transitional housing.
73. Make a visit to a nursing home with your favorite pet. Inquire about regulations. Get permission first. Read a book to a resident who has vision problems. Play a board game, or just sit and chat.
74. If you notice that some gravestones in a cemetery look untended or neglected, spruce things up. Bring flowers or flags for veterans.
75. Have a Bike Drive. Collect old bikes from family and friends, fix them up and deliver them to families with children who cannot afford to buy bikes. Talk to a



local bike store or bike repairman who may be willing to donate bikes or repair services to the drive.

76. Offer to teach Yoga or arts and crafts to kids. Share your hobbies with kids in your community.
77. Offer to read to children in a homeless shelter or group home. Bring older children gently used chapter books to read on their own.
78. Sew, stuff, and deliver “comfort pillows” to local chemotherapy treatment centers.
79. Contact a local hospital and ask if they need sweat suits for people being discharged from the hospital.
80. If you have a lot of children’s books, ask a teacher if she would like them for her classroom library.
81. Tell young parents that they are doing a great job. A small gesture like this can go a long way for a parent who is stressed and worried.
82. Send someone a mysterious card—put a \$5 bill inside. Write a message in the card; “I know you have been working very hard. Buy yourself a treat.” Or “I hope this brightens your day.”
83. Bake cookies, put them in a treat bag, tie it with a pretty ribbon, and add a note—“Have a nice day. I think you are special.”
84. During spring planting time, you often have to buy plants in packs of six—eggplant or cucumber plants, for instance— share your extra garden bounty with your neighbors or the local soup kitchen.
85. Design business cards, not for a business, but as a positivity gesture. Add a clip-art picture like a smiley face and some text that will make people smile. You can

print a large quantity for very little money if you shop around. Pass them out to cashiers, people in restaurants, and whomever you meet during your daily travels.

86. Get together with friends and make May Baskets out of construction paper. Line them with paper doilies, add paper handles, and fill them with colorful candies and cookies. Then do a delivery run—drop the baskets off on porches to let neighbors and friends know that someone cares.

87. Fill some plastic bags with toothpaste, toothbrushes, hand soap, disposable wipes, water bottles, snacks, other toiletries, and maybe a couple of dollars. Give the bags to people that you encounter who are homeless.

88. Make a promise to yourself that you will speak of nothing negative for a day. And then another day. And another.

89. Compliment custodians, teachers, health care workers, cashiers, people in your family, etc. Make a habit of adding some “glitter” to someone’s day with your kind words.

90. If you have extra product coupons, place them next to the item on grocery store shelves so someone else can benefit from the savings.

91. Buy a pretty pair of pajamas or a nightgown and take it to a nursing home. Ask the activity director to give the gift to someone who needs it.

92. Buy things and services from kids who are selling things—Girls Scout cookies, lemonade, cookbooks, Christmas cards, magazine subscriptions, raffle tickets, and tickets for Pizza Night. Patronize their carnival, used book sale, barbecue, car wash, bake sale, yard sales, flower sales, charity run, and Karaoke Night.

93. Contact a local college or military base and invite someone who can't go home for the holidays to come to your home for dinner.
94. Anonymously pay for a restaurant meal when you see someone in a military uniform or a veteran wearing a hat that identifies their branch of service.
95. Start your own book-sharing project in your yard! Construct a "free library box" for people to borrow or donate a book for other neighbors.
96. When a neighbor is sick or has experienced a setback or tragedy, ask your friends to join you in scheduling meals for them; each volunteer provides a casserole, pizza, Macaroni and Cheese, a crock pot or Instant Pot dish, or a fast-food complete meal.
97. Organize time to swap magazines, books, toys, and clothes with neighbors. Create a neighborhood resource sharing page on social media so neighbors can share what they have and ask for what they need.
98. After you have read magazines, take them to a laundromat, doctor's office, women's shelter, hospital waiting room, or schools and day care centers. The kids can use them to make collages.
99. Say "Thank you for serving our country" when you see a veteran, or someone in uniform.
100. Keep a supply of pretzels, chips, peanuts, granola bars, and candy bars in your purse. Be ready to pass them out to a person who may be asking for money on the street.
101. If someone compliments you about a necklace that you are wearing, or says they like your sweater or any item, offer to give it to them.

102. Do you know someone who needs a hearing aid or new glasses? If you have the means to do so, offer to pay for them.
103. Pay for someone's Netflix, swim club membership, or movie channel subscription for a year.
104. Do you know someone who is lonely? Someone who needs a purpose? Help them find a way to serve. Be a friend. Include them in your family's activities.
105. Buy someone a pack of notecards, all occasion cards, and a book of stamps. Encourage them to write kindness notes to friends and family.
106. I stopped into a chapel in a hospital. I opened a prayer book. There was a \$10 Starbucks gift card attached to the page with a sticky note. "Please treat yourself to a cup of hot chocolate and cookie."
107. Offer to take a family portrait for a friend's family, or engagement photos or pre-baby photos—use your photography skills—smile and say "cheese!"
108. Pay for someone's ice cream in a line at a Dairy Queen, or buy extra popsicles from the ice cream truck and give to a neighbor on a hot summer night.
109. Send a note to someone who has lost a loved one—in memory of their birthday or the date they passed away.
110. If someone is counting their change to try to pay for their purchases, offer to "treat them."
111. Contact a children's hospital and ask if you can volunteer to visit the sick children. Bring bright, fun activities and energy to these children.

112. Think of someone who has helped you. Say, “I would like to treat you to...”—manicure, watering your garden, walking your dog, a new outfit, spa visit, lunch, ice cream cone, cleaning your home, etc.
113. Sponsor a child for an educational activity, extracurricular activity, or sports activity. Not everyone can afford the registration fees, or to purchase soccer shoes, hockey sticks, team bathing suits, etc.
114. Feed the birds and other wildlife, especially during severe weather conditions. Make a bee bath when it is very hot or leave food for wildlife when it is very cold.
115. Help someone with a computer problem, oil change, filling out an application for a social service, or car repair. Use your talents to help someone else.
116. Volunteer to watch a pet while someone is on vacation. Offer to walk their dog if they are ill, and do not have the energy to take the pet out for exercise.
117. Share your newspapers or magazines with someone. Magazines with recipes are helpful to families who might need ideas for what to make for children’s lunches. Crafting magazines can bring lots of joy to other community members looking for craft or hobby ideas.
118. Volunteer to build houses with Habitat for Humanity. Or gather friends to make minor repairs or do cleanup projects for a person who can’t afford to maintain their property.
119. Fill grocery bags with items that families need such as laundry detergent, soap, toothpaste, deodorant, feminine products, paper towels, and toilet paper. Leave a bag on the steps of a family’s home.

120. Be a friend to a single parent in your neighborhood, workplace, or church community. Be available to occasionally help with the kids, procure things that they need, or help with driving when a car repair is needed. Hand-me-downs might be a blessing. You probably have friends who have no longer needed item. Ask the single mom what she needs.
121. Invite someone over for coffee. Not everybody has family who live in the area. Be a good listener.
122. Set up a Blessing Box, a miniature food pantry, where people can leave canned goods and non-perishable items for others to pick up items that they need.
123. Pay for a doctor's visit for someone who needs financial help. Or, offer to drive them if they don't have a mode of transportation.
124. Be sure to contact shelters, hospices, veterans' centers, children's hospitals in advance of visiting or dropping items off. Ask what these places need for collection and work out the details considering their policies. Do not assume they need the things that you want to collect.
125. Make a big pot of soup. Buy individual serving dishes and plastic utensils. Call a homeless shelter and ask if they would like you to bring soup for their clients.
126. Offer your seat on the bus or in a crowded waiting area to a mother with a baby, a person with a disability, or an elderly person.
127. Let go of a grudge you have with someone. Do something kind to show that you want to move forward in the relationship.

128. Start a conversation with someone in a waiting room. Ask what brings them joy. Share things that bring you joy.
129. Schedule a day of the week that you and your friends will do a weekly random act of kindness activity together. Make this weekly act of kindness a habit. You and your friends will bond over sharing your kindness with others.
130. Contact a celebrity, local sports hero, or famous person and ask them to call or make a video for a person who is battling an illness.
131. Buy a pretty tea cup at a thrift store. Cut out little hearts and write an inspirational message on each heart. Give the tea cup to someone who is ill. Ask them to pull a message out of the cup each day.
132. Fill a tea cup with “I Love You Because...” messages and give to a family member as a holiday gift.
133. Call a children’s hospital or nursing home and ask if they would like to receive handmade cards or store-bought greeting cards. Ask for an approximate number of cards desired.
134. Do you know how to play soothing music on an instrument? Volunteer to play music for someone in hospice or palliative care. Or, sit with the patient and play soothing songs on a CD player or on your device. Family and staff will also benefit from your music.
135. Give cold drinks and a snack pack to mail carriers. Tape a treat with a note of gratitude to the top of your trash can for the waste disposal workers.
136. Buy a cup of hot chocolate or coffee for someone working outside when the temperatures are frigid.

137. Brainstorm ideas with your friends about things that you can do to show appreciation to teachers, office staff, principal, custodian, and crossing guards.
138. Contact your local senior center and ask what good deed your family can do to brighten the day for the elderly.
139. Grant a wish for someone! Maybe a new pet—but be sure they really want one! Offer to pay for the first month supply of food, some pet toys, adoption fees, and vaccination fees.
140. When you are shopping with a friend and you notice that she is lingering over a purchase and trying to decide if she should purchase it, then decides not to buy it—secretly buy that decorative pillow, shampoo, T-shirt, or costume jewelry bracelet, and surprise her with it when you leave the store.
141. Diapers and formula are expensive items. Find out the size of the diapers and the exact type of baby formula used and take the baby essentials to a new mom.
142. Research community resources that provide assistance—food pantries, school supplies, health clinics, free dental care, etc. Type up a list to share the resources with parents who need to know about free feminine products, diapers, food, clothes, and baby formula.
143. Volunteer to teach English to children who have come from other countries. Local community centers or faith organizations will know of places where you can host these lessons.
144. Tell someone—“You will be in my thoughts and prayers.” Your words will provide comfort. Ask them if there is a particular problem or struggle that you can pray for.



145. If you have a friend or loved one who is incarcerated, write to them regularly as a way to offer encouragement.
146. Volunteer to plant trees or tend to the gardens at a library or public place. Contact a horticultural society or garden club to learn of opportunities.
147. Become a hospice volunteer. Spread happiness to patients who may not have regular visitors. Help out at facilities that need extra hands to push wheelchairs.
148. Arrange to be a pen pal to a nursing home resident. Contact the activity director to see what residents might appreciate a new pen pal friend.
149. Ask a local police station, domestic violence shelter, or homeless shelter if they would like you to collect stuffed animals for them to give to children who need comfort during an emergency. Be sure to ask how many furry critters they would like. You don't want to collect more than they can use.
150. My mother withdrew \$300 from an ATM—fifteen twenty-dollar bills. It was the day before Easter, eight years ago. She was 87 years old. She asked me to take her to a laundromat in Norristown. She went in and handed out fifteen twenty-dollar bills to the customers who were doing their laundry. She smiled and said, "Happy Easter!" We drove home. She asked me to withdraw the same amount on the following day. This time she asked me to drive her to Philadelphia. She wanted to go into the neighborhood where she was born in 1926. This time, she walked down the street, holding on to my arm for balance, and said, "Happy Easter!" to another fifteen people. I think she was the real "Easter Bunny!" Thirty people in Norristown and Philadelphia probably thought so too.