Over 100 Ideas for Acts of Kindness!

Leave a treat for the mailman
Make baked goods for your neighbors
Hold off on a negative review
Smile at someone
Donate unused toys or clothes to someone in need
Leave a very generous tip
Give someone an inspiring book
Send a thank-you card to someone
Leave money on a vending machine w/a note, “Enjoy!”
Pay for a stranger’s meal
Compliment a mom who is giving it her all
Say “thank you” and “please” more
Express sincere gratitude to someone
Volunteer at a local food bank
Open the door for someone
Do a random act of kindness for a family member
Offer to do yard work for a neighbor
Send a care package to a soldier
Pick up trash
Buy a gift card for the person behind you in line
Send a handwritten letter
Let someone go before you in line at the store
Pay someone a compliment
Make breakfast for a family member
Offer to help someone with a chore
Donate to a charity
Give a teacher a thank-you gift
Help an elderly neighbor or friend
Give a gift that represents something you love about them
Prepare a meal for a family in need
Shop at a local business
Volunteer at a foodbank or nursing home
Do another family member’s chore
Leave an encouraging note on a car
Pay the adoption fee for a rescue animal
Hide money in a book for people to find
Plant a flower or tree and watch it grow
Make a conscious effort to be kind in small ways
Create inspiring chalk art at the park or at your school
Donate books to the library
Walk a neighbor’s dog
Give a friend a “just because” gift
Drop off old blankets and pillows at an animal shelter
Call a family member and tell them you love them
Donate to a charity
Forgive someone who has wronged you
Take a friend to lunch
Praise someone’s work
Compliment a delivery driver, a store/restaurant employee
Give something away for free
Take a family in need the makings for Thanksgiving dinner
Collect items for a cause: coats, shoes, socks, hygiene kits
Return someone’s cart for them at the store
Tape money on a box of diapers
Paint uplifting messages on rocks and leave them for others to find
Let someone in front of you when in traffic
Invite friends over for dinner
Send birthday cards to friends who have birthdays
Compliment 3 people: friend, family member, acquaintance
Write a positive online review
Find out a friend’s favorite meal or treats and deliver it
Write a note to someone who has been influential
Put a gift on the porch of someone, ring the doorbell & run
Leave a thank you note for your mail carrier
Compliment someone to their boss
Send a care package
Hide a love note
Do a random act of kindness for a friend
Leave a few books at a little free library
Send a nice text message
“Heart-attack” a neighbor’s door or a co-worker’s desk
Take treats to the fire and/or police station
Drop off diapers at a local shelter
Pay for the order of the person behind you in line
Give someone a list of 10 things you love about them
Smile at everyone you see today
Send a handwritten birthday card
Compliment someone on social media
Say a sincere thank-you to 5 people in your life
Put your phone away & give your attention to others
Hide kind sticky notes around school, home or the store
Take treats to the teacher’s lounge
Be a very attentive listener
Buy a lottery ticket for someone and wish them luck
Hold the door open for people as many times as you can
Bring your neighbor flowers
Drop off some tennis balls to a dog park
Support a favorite small business
Take your cart back
Give blood
Do a post on social media about a friend or family member
Leave your favorite restaurant a great review
Surprise someone with their favorite drink
Check in with an elderly relative
Smile at people and say “hello”
Offer to babysit for someone for free
Call or visit someone who lives alone
Donate to a food pantry
Go through the whole day without complaining
Send a thank you note to your doctor or other professional
Encourage someone you know is struggling
Go through the day without gossiping about anyone
Make a handmade gift for someone you love.