
Here you will find many ideas/examples of Random Acts of Kindness. Feel free to do your own. We want to hear about them though! Be sure to print off the reporting form so we can put on our kindness wall!

Take home made muffins and cookies to the mechanics

We left home made coloring books and crayons in the waiting areas.

We made a donation to the food pantry, left books for a family in need, and were excited to leave special notes for our children's pastors.

Muffins and cookies to our librarians - who exclaimed "Wow - someone does love us!" and promptly starting eating:)

Collected carts from parking spaces at the Walmart and took them all the way into the store.

The kids favorite was hiding dollars in the kid's toy section. Man, I wish we could have seen the kids that found our dollars!

We treated the Nana to lunch - and she got eat somewhere she had never been before!

We mailed some treats to surprise friends and family, as well as a hand written note

We left diapers and wipes on a changing table in a public bathroom.

We picked up trash everywhere we went (even the trash our waitress stepped over at lunch!)

We smiled at EVERYONE we saw today, we said hello to everyone, and generously passed out compliments

Example: I let a very impatient lady behind me in line at Walmart this evening get in front of me. Even though she used three coupons in the self checkout lane, and couldn't find her credit card. I smiled at her. I offered to hold her watermelon while she looked!

The kids worked hard painting rainbows on the covers of cards and writing "Have a great day" on the inside. Today, we took those cards into the assisted living facility to the desk and asked the director to hand them out to residents who might enjoy them (we had 6 cards).

Say good morning to your teacher, principal, school officials and classmates.

Offer to let your classmate go first.

Offer to take your neighbor's dog for a walk.

Invite someone new over for a play-date.

Collect foods and canned goods for a food bank.

Volunteer to be a tutor or mentor in a school, especially if there is an area in which you can help another student.
Give someone a compliment at least once every day.

Color a picture, make a craft or send a treat to a senior center or nursing home.

Donate your unwanted toys and books to the children in need.

Write a thank you note to your teacher, your coach, a firefighter, your mentor or someone who has influenced you in a positive way.

Clean up the area around your school or a local park, picking up trash and putting it in the garbage can. You can also help your teacher clean up the classroom.

Be extra kind to your bus driver. Say hello when you get on the bus and say thank you when you get off the bus.

Call your grandparent(s) or other special family members who you do not see often.

Write a note to your parent(s) or grandparent(s) and tell them why they are special to you.

Help around the house without being asked to do so, such as cleaning your room, taking out the garbage or helping with the laundry.

Going to a new school can be really scary so be friendly to the new students in your class or grade.

Organize the clothes you don’t wear anymore and donate them to a clothing drive or shelter.

Smile. Smiling is easy and happiness is contagious!

SURPRISE:

- deliver handmade valentines to nursing home
- take get well balloons to hospital and leave with nurse for someone who is alone
- leave bus or taxi fare for stranger
- pack zip locks care packages for salvation army—including tooth brushes, tooth paste and deodorant
- plant a roll of nickels with handwritten note at children’s play place
- buy a copy of our favorite children’s book and leave in waiting room
- play florist and leave small flower vases on doorsteps of strangers
- deliver basket with popcorn and candy to video rental store… ask employee to give to someone who looks like they may need a bit of cheer
- pick name from phone book and mail them a happy note and two dollar bill
- leave stamps and a note by the mailbox inside the post office
CREATE:

- arrange for kids art work and carnation flowers to be delivered with meals on wheels volunteer
- have kids color and design a joke book and leave in waiting room at hospital or doctors office
- deliver kid-made get well cards with ribbon and lotion to cancer center
- make a stationary kit with envelopes, fun papers, stickers and postage stamps and have kids deliver to nursing home
- leave kid-made book marks in books at library
- color kindness bumper sticker and leave at community board at the library
- make small birthday bags with balloons, horns, candy, stickers and leave in public place—includ a TAKE THIS IF IT IS YOUR BIRTHDAY note
- put together a salon kit with nail polish, lotion and glitter for young girl at shelter or hospital
- host a BAND-AID drive then create kid-friendly first aid kids for the children at the shelter
- make a KIDS CREATE BOX with glue sticks, paper and art supplies to leave at shelter

GIVE:

- donate blood
- send box of candy and small toys (bouncy balls, bracelets) to IRAQ… soldier will pass out to kiddos while on patrol
- give a bit of fun by setting up a free face painting booth and/or hot cocoa booth
- deliver a goodies basket for assisted living facilities staff and employees
- have an extra large tip ready, order pizza and leave the tip regardless of service
- hand out helium balloons with happy notes to strangers who pass by
- give free sodas and bottled water to folks on a sweltering day
- send a box of chocolates to school custodians
- buy a fresh box of Krispie Creams and give to city workers
- drop off a new stuffed animal to fire department so that they have one on hand for child who may be in need

SERVE:

- door holding patrol: find a busy place and hold open doors for 15 minutes
- family sponsored food drive
- prepare and serve lunch at shelter
- ask ten people if we can take back their shopping carts
- road side trash pick up
- visit assisted living center and have older children read to patients
- invite someone who might be alone over for a special home-cooked meal
- collect canned goods for food pantry
- teach photography to kids
- see how many friends we can get to become organ donors

THANK:
- design a kindness THANK YOU poster for someone and hang it somewhere in public where they will see it
- leave thank you note and small gift for recycle and trash collectors
- write heartfelt note to manager telling about a friendly employee
- “thank you for serving me” packs- small bags of wrapped chocolates with kind words… leave for bank tellers, cashiers, servers…
- write five thank you notes to people that have touched our lives in small, yet meaningful ways
- treats for school bus drivers
- prepare baked goods for government employees
- honor a personal hero
- send handmade cards to officers at local police station… signed, a thankful citizen
- send thank yous to lunch staff at the high school
- care package with ground coffee and treats to soldier in Afghanistan