



52 Acts of
Kindness for 2023

- Donate old towels and blankets to an animal shelter.
- Leave a positive review or tell a manager about someone who gave you excellent service.
- Write a sweet message on a mirror with a dry erase marker, for yourself or a loved one.
- Give someone a hug.
- Offer to help a new mom.
- Call a long distance friend or family member and check up on them.
- Volunteer with a local charity.
- Thank the checkout clerk, and let them know they did a great job.
- Donate some toys to local children, or a foster home.
- Do the dishes for someone.
- Leave positive comments on a social media page.
- Write a kind letter to a friend.
- Have dinner with a friend.
- Tell your family how much you love them.
- Volunteer to walk your neighbors, friends, or families dog.
- Smile at 5 strangers.
- Write a letter to a friend or loved one, and tell them how much they mean to you. Mail it!
- Return shopping carts for people at the grocery store.
- Leave the quarter/ loonie in the cart for the next person at the grocery store.
- Compliment a stranger, and mean it.

Remember, there's no
such thing as a small act
of kindness.

Every act creates a ripple
with no logical end.

-SCOTT ADAMS

- While you're out, compliment a parent on how well behaved their child is.
- Take flowers or treats to the nurse's station at your nearest hospital.
- Put your phone away while you are in the company of others, and give them your full attention.
- Email or write to a former teacher who made a difference in your life.
- Make dinner for a family in need, or send them a care package of groceries.
- Volunteer at a soup kitchen, homeless shelter, or animal rescue.
- Donate blood.
- Leave a sweet note in your child or spouse's packed lunch.
- Say "yes" at the store when the cashier asks if you'd like to donate a dollar to a cause.
- Bring someone a souvenir that reminded you of them.
- Park in a far parking spot, leave one upfront for someone who needs it, and get your steps in!
- Try not to complain for a whole day.
- Forgive someone who you have not forgiven.
- Answer a text as soon as you receive it, don't put it off.
- Participate in a charity walk or run.
- Help someone with their groceries.
- Make a music playlist full of encouraging songs for a friend.
- Offer to run an errand for your neighbor.
- Volunteer to babysit a young couples children so they can have a night off.

*"Kindness is doing what
you can , where you are ,
with what you have."*

-RAKTIVIST

- Send flowers to someone.
- Scrape the ice off a neighbor's windshield after you've finished doing yours.
- Visit a nursing home on a holiday and spend time with the residents.
- Leave a kind note on a mirror in a public dressing room.
- Leave a penny heads-up for someone to find.
- Give thanks for everyday things, not just big acts or gifts. "Thank you for making me laugh today," or "Thank you for helping me figure out that problem," or even simply, "Thank you for loving me."
- Buy school supplies for a kid in need.
- Learn CPR or how to use an AED so you can help in an emergency.
- Buy a gift card and give it to a stranger or acquaintance.
- Buy or donate a few things to a family in need.
- Introduce yourself to someone you don't know.
- Volunteer to take a photo for someone.
- Pick up trash in your neighborhood.