

# 30 Acts of Kindness Challenge

Being Kind Counts

- 1) Give three compliments to strangers
- 2) Give three compliments to people you know
- 3) Donate an item to someone in need
- 4) Leave your favorite book somewhere with a note for someone to enjoy it
- 5) Leave flowers or a note on someone's car telling them to have a nice day
- 6) Pay for the car behind you in a drive through
- 7) Thank a soldier, police officer, firefighter
- 8) Smile at everyone you see
- 9) Make dinner for a friend for no reason
- 10) Write a letter to someone important to you and thank them
- 11) Take someone's shopping cart inside the store for them
- 12) Donate food to the food bank
- 13) Write a letter to someone serving in the military (find address)
- 14) Volunteer doing something
- 15) Go through your closet and find things to donate
- 16) Do something nice for your neighbor
- 17) Bake cookies and drop them off at friends or local police or fire station
- 18) Spend all day only saying kind things
- 19) When you are going on an errand ask a friend if they need you to pick up anything
- 20) Spend all day having kind thoughts
- 21) Offer to watch a friend's kid or pet
- 22) Hold open a door for someone else
- 23) Donate to your favorite charity
- 24) Leave coupons you won't need at the store.
- 25) Do a random act of kindness
- 26) Take a minute to tell someone's boss they are doing a great job
- 27) Flush a toilet that is full of poo in a retail store, (not sure about this one)
- 28) Smile, just because and make sure you are looking at a person.
- 29) Place .25 in a purse you are looking at in a store, it will be a treasure to the next person
- 30) Give a gift card to the church donation basket

