



11

FUN & EASY IDEAS
FOR RANDOM ACTS
OF KINDNESS



1

POST SOMETHING POSITIVE ONLINE

Americans spend over 120 billion minutes on social media every month! Make someone's day by putting [something positive](#) out there to read [or watch](#) that will make them smile. This could be a [quote](#), picture, or even a public shout out for how much someone means to you.



TRY THIS:

Record a video interview of your kid answering questions like, "What is your favorite thing about Uncle Brandon or Aunt Sarah?" Then tag them in the video :)



DONATE SOME CLOTHES



2



Grab a garbage bag, head to your closet, and fill it up with gently used clothes to donate. We all have pants, shirts, or jackets we don't wear anymore that could be a blessing to someone in need.

TRY THIS:

Have a family competition of who can donate the largest amount of clothing.

"Never look down on someone unless you are helping them up."

~ Jesse Jackson



3

PURCHASE BABY CLOTHES/TOYS/DIAPERS



Next time you are in a grocery store, head to the baby aisle and grab an extra package of diapers or a toy. Feel free to get your kids involved, as this will create great dialogue about giving back and caring for others. You can drop off the supplies at your [local family shelter](#) or foster home (be sure to call them in advance).



Put a nice note on your gift!



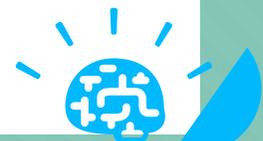
SIDEWALK CHALK KINDNESS

4

Pick up a package of [sidewalk chalk](#) and write kind messages on the sidewalk, parking lot, or stairs of your neighborhood, school, or workplace.

TRY THIS:

Look online for fun quotes to put on the sidewalk ahead of time.

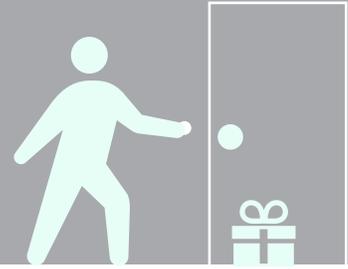


"Treat everyone with politeness. Even those who are rude to you. Not because they nice, but because you are." ~Author Unknown



5

DOORBELL KINDNESS



Fill up a [gift basket](#), a small box, or bag with fun gifts for a neighbor or family member. Drop the gift off, ring their doorbell, and run away before they catch you! This will surely put a smile on their face.

TRY THIS:

Put an anonymous note with your gift about why the recipient is awesome!



"Where there is a human being, there is an opportunity for kindness."

~ Seneca

DRIVE-THRU KINDNESS



6

Next time you go through a drive-thru, tell the cashier, "We'd like to pay for the person behind us." The reaction on their face is always priceless. We hear about these simple acts of kindness on the news, but very few people actually carry them out.

TRY THIS:

Write "Tag you're it" on a Post-It note and ask the cashier to give it to them.





7

TREATS FOR NEEDY PETS



It must be scary for a dog to be locked up in a shelter in hopes that someone brings you home. Make their tails wag with some awesome treats! Grab [some dog treats](#) and bring them to your local animal shelter to give out.

TRY THIS:

Ask the shelter if they have any particular needs and get your friends and family involved.



MILITARY COFFEE PACKAGE



8

One thing we have found that nearly every deployed service man or woman loves is some good ole coffee. Purchase a couple of [bags of coffee](#) (ground is better), powdered creamer, write a nice letter, and ship it over to a local troop that is currently deployed.

TRY THIS:

If you don't know of a soldier currently deployed, you can always ask your online friends or send it directly to [Operation Gratitude](#).



*"Don't wait for
people to be friendly.
Show them how."
~ Author Unknown*



9

CREATE A SOCK HYGIENE KITS FOR LOCAL PEOPLE IN NEED

Next time you are driving and see a homeless person on the side of the road, you can hand them a brand new pair of socks filled with hygiene supplies. Purchase a new package of socks and fill each one with travel-size hygiene products and snacks.

TRY THIS:

You can head to your local dollar store to get every item you need (including the socks)!

“By swallowing evil words unsaid, nobody has ever complained of a stomach ache.” ~ Winston Churchill



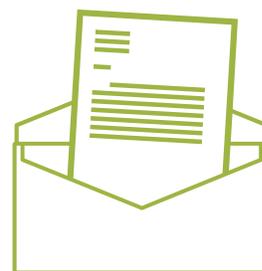
MAIL HANDWRITTEN APPRECIATION LETTERS

10

Think of 5 people that you feel deserve a little pick-me-up, a snail mail high-five, or just a genuine thank you. Write out a nice, handwritten letter and drop it in the mail. It's rare to get a genuine handwritten letter in the mail nowadays. This will surely put a big smile on their face!

TRY THIS:

Look on Pinterest for crafty card ideas.



"Do good by stealth. And blush to find it fame."

~ Alexander Pope



11

WAVE HELLO & SMILE COMPETITION

Next time you are driving to school, athletic practice, or over to grandma's house, challenge your child to a competition to see how many people you can get to WAVE & SMILE back at you during your drive. This will make every person in the car next to you smile... guaranteed!

TRY THIS:

Try different waving techniques to see which is most effective.



"The only people whom you should try to get even with are those whom have helped you."

~ John E. Southard



ABOUT BRIAN WILLIAMS

Brian Williams is the founder of [Think Kindness](#), a non-profit organization that is dedicated to inspiring measurable acts of kindness in schools and communities around the world, as well as [Kindness Ninja](#), providing parents with tools for their children to carry out “Ninja-Style” acts of kindness within their school, home, and community.





thinkkindness.org

