

RANDOM ACTS OF KINDNESS IDEAS

Leave an encouraging note for someone	Take time to listen to someone who is struggling with a problem
Forgive yourself for a mistake you've made	Leave extra quarters taped to a washer/dryer at laundromat
Pay for coffee for the person behind you in line	Mentor someone
Send a letter of appreciation to your parents or grandparents	Let a car merge in front of you and do it with a smile ☺
Leave someone a surprise	Pick up litter and throw it in the trash can
Introduce yourself to someone you don't know and talk with them	Help someone carry something
Say something kind to yourself	Organize a study session with your classmates
Reach out to someone you haven't talked to for a while	Encourage someone who is working hard at the gym
Praise the work of others	Pay for your friend's lunch
Tutor someone	Share your class notes with a classmate
Use a reusable water bottle/cup to help the environment	Help a new student
Send a care package to someone you love	Leave a love note for your significant other
Email your professor or supervisor to tell them how much you enjoy learning from them	Visit a nursing home and take some friends with you. Ask an elderly person to talk about their life, read to them, or play music
Give a generous tip to your waiter	Bring a welcome gift to a new neighbor
Smile at people!	Make a playlist for a friend
Tell someone you've had an argument with that you're sorry and talk with them about ways to strengthen your relationship	Leave a thank you card for someone who works at school who has helped make your life better
Compliment a stranger	Leave extra money in a parking meter
Bring a meal to someone who is ill or having a hard time	Offer to babysit for your friend's kids for free
Send a framed photo to your parents, grandparents, or siblings	Take a shorter shower to conserve water
Write a letter (not an email) to someone who has made a difference in your life and send it snail mail!	Make a donation in someone's name to a charity they care about and don't tell them
Hold the door or elevator for someone	Help a friend look for a job
Clean up after someone – without complaining!	Donate your hair to Locks of Love
Make some inspirational quotes and share with others	Let someone go ahead of you in the grocery store
Get a massage	Donate clothes you don't wear to a community organization
Volunteer at a soup kitchen	Encourage yourself when you're having a hard time
Sit with someone who is eating alone	Offer someone a piece of gum or candy
Leave encouraging notes in the computer lab or study area	Bring treats to your class, office or study group to share
Let go of old grudges	Smile and greet people you see on the street
Donate blood at a blood drive	Make a homemade treat or toy for your pet