

- Call a friend you haven't talked to in a while
- Hold the door open
- Pay for the person behind you in the drive-through
- Smile at everyone you see today
- Give dinner to someone who needs it
- Mail someone a letter
- Make a thank you cards for teachers
- Tell a joke to make someone laugh
- Do a chore for someone in your family
- Offer free hugs to friends
- Tape change to a vending machine
- Hold open the door
- Feed the birds
- Leave happy notes around town
- Call your grandparents and ask about their childhood
- Wash someone's car
- Take a treat to a neighbor or friend
- Invite a neighbor to dinner
- Tell someone why they are special
- Write uplifting messages on the sidewalk
- Tape change to a vending machine
- Make someone's bed
- Leave a generous tip
- Sing songs at a rest home
- Help make dinner
- Give cookies to school custodians
- Give candy bars to bus drivers
- Write a poem for a friend
- Write get well cards
- Volunteer at a soup kitchen
- Go caroling in your neighborhood
- Donate toys to a homeless shelter
- Pick up litter on your street
- Clean up your park
- Leave kind notes on cars in a parking lot
- Help a neighbor with yard work
- Send genuine compliment to friends
- Text a friend
- Volunteer at a local pet shelter
- Return the shopping carts inside the store
- Donate food to your local food pantry
- Take out/bring in a neighbors garbage can
- Hold the door open
- Offer to babysit for a young family
- Read to children at the hospital or an elderly neighbor
- Throw a neighborhood party
- Take cookies to the fire or police station
- Write a thank you note to family members
- Donate clothes to a homeless shelter
- Leave a bag of popcorn on a video rental machine
- Visit someone who is lonely

# 50 RANDOM ACTS OF KINDNESS FOR FAMILIES