

100 ACTS OF KINDNESS

1. Thank a front line worker for their sacrifices
2. Leave the best parking spot for others
3. Send a thank-you note to your boss
4. Connect with a childhood friend over social media
5. Pick up some groceries for your neighbour
6. Share a childhood picture with friends on social media with an appreciation note
7. Write a LinkedIn recommendation for a colleague
8. Help carry grocery bags
9. Write a handwritten letter
10. Give a lottery ticket to a stranger
11. Support local entrepreneurs by buying products from them
12. Help an older person cross the street
13. Give a gift card to a colleague without any special occasion
14. Send a postcard to a distant family member
15. Put unused coupons in front of the products
16. Appreciate a customer service representative to their manager
17. Throw a small party for the success of a close friend
18. Pay the toll for the next car
19. Donate food to the animal shelter
20. Donate your cut hair
21. Send a GIF to someone who is feeling low
22. Give a cup of coffee to a security guard working the night shift
23. Donate books to a community centre
24. Set up a cleaning program in the neighbourhood
25. Throw a pizza party for children in a hospital
26. Distribute inspirational quotes within the office
27. Leave a positive sticky note on someone's car when they park well
28. Listen patiently to a customer service call representative
29. Offer to babysit for free
30. Send a freshly baked package of cookies to an elderly home with a sweet note on it
31. Organize a fundraiser for a social cause
32. Talk to seniors in a retirement centre
33. Write a positive google review for a start-up
34. Save money in a piggy bank for a social cause
35. Tutor someone for free
36. Make a family scrapbook
37. Organize a classic movie night with family
38. Show your parents how to use technology
39. Send an "I am with you" note to a friend who is struggling
40. Arrange a movie night with distant friends using the Netflix party feature
41. Set up a playlist for someone who is struggling
42. Give masks / essentials to homeless
43. Ask your parents about their childhood
44. Arrange a play date with your parents and grandparents
45. Buy movie tickets for a couple on Valentine's Day
46. Arrange a virtual coffee with an old friend
47. Leave a small surprise note and bookmark in a library book
48. Put a gas gift card in the mail box for the mail carrier
49. Run for a cause
50. Give away your parking spot
51. Make a homemade card for your kids
52. Leave a generous tip for a waiter
53. Write positive reviews on social media
54. Organize a tree planting day in the neighbourhood
55. Describe five good qualities of your family members
56. Deliver an Easter / Christmas basket to a foster home
57. Donate to a non-profit organization
58. Help your neighbour shovel snow
59. Put a positive note in your kid's lunch box
60. Offer beverages to community workers in the summer
61. Donate flowers to a nursing home after a wedding
62. Help to promote a local start-up company on social media
63. Help a stranger in finding a location
64. Volunteer at a community event or charity
65. Check on someone who is feeling lonely or isolated
66. Offer a ride to a veteran
67. Support the families of the soldiers by donating some money
68. Invite a colleague for dinner
69. Offer to take a photograph for a couple
70. Appreciate a person who is helping others by gifting a \$5 gift card and motivate them to continue
71. Connect with a teacher and tell them about how they helped you excel
72. Pay for someone's dry cleaning bill
73. Make breakfast in bed for your spouse
74. Spend some time with sick children in the hospital
75. Tell your parents that you are thankful for the sacrifices they have done
76. Offer to serve at a homeless shelter on the weekends
77. Help your neighbour in gardening
78. Help a stranger who is struggling with a flat tire
79. Give a heart sticker to all the employees working on a public holiday in a store
80. Send story books to a children's hospital
81. Buy a favourite dish from the café to the waiter
82. Buy coffees for the doctors and nurses of a local cancer center
83. Give away your umbrella to a homeless person on a rainy day
84. Dedicate a song to a special person on the radio
85. Help a co-worker with a project he/she is struggling with
86. Perform an act, dance or song in a seniors' residence
87. Help a friend find a job
88. Share magazines once you are done reading them
89. Leave change in the vending machine
90. Join your friend in doing some adventure that you fear
91. Gift a souvenir to someone
92. Donate unused toys to a hospital
93. Make a special dinner for your family
94. Send flowers to a nursing home
95. Share your Netflix password with a friend
96. Say thank you to a security guard
97. Cheer up a friend who is recovering from trauma
98. Donate Christmas gifts to an orphanage
99. Make a time capsule with a friend
100. Perform an act of kindness and tell people about it on social media. Use the hashtag: #BeAwareBeKind



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