

ACTS OF REAL KINDNESS

Make a laundry care package with soap, dryer sheets, etc and give to someone who needs it
Leave a large tip for a waiter or waitress
Pay for someone else's meal at a restaurant
Mow a neighbor's lawn
Sweep sidewalks
Wash someone else's car at the carwash
Pay for the person behind you at the drive-through
Give grocery cards or gas cards to someone
Wash windows for a neighbor
Pay for somebody else's gas at the pump
Make dinner for a family
Carry groceries for someone
Offer to walk a neighbor's dog
Hand out water or sports drinks at a biking trail
Take coffee and donuts to businesses for breakfast
Check and fill oil for somebody
Have pizza delivered to a family (pay for it over the phone)
Give a teacher or a secretary a care package (mints, aspirin, etc.)
Hand out snacks and drinks at a sporting practice
Student care packages (pens, pencils, folders, stamps)
Deliver fresh-baked cookies to city workers
Distribute lollipops to kids you know
Sing at a nursing home
Offer a couple of hours of free baby-sitting
Remember the bereaved with phone calls, cards, plants or food
Pay a compliment at least once a day
Call or visit a homebound person
Be a good neighbor. Take over a baked treat or stop to say "hi"
Transport someone who can't drive
Rake a neighbors leaves
Say something nice to everyone you meet today
Send a treat to a school or day-care center
Wipe rainwater off shopping carts or hold umbrellas for shoppers on their way to their cars
Give the gift of your smile
Give a hug to a friend
Write a note to your mom/dad and tell them why they are special
Write a thank-you note to a mentor or someone who has had a positive influence in your life
Pay for a stranger's dry cleaning
Pay a bill for someone who is in need
Pay rent for a family in need
Wash car windows
Feed a parking meter for someone
Buy lunch for a student or a teacher
Volunteer to take tickets or work the snack stand
Throw a "Thank You" party and invite those who you want to thank
Tutoring
Provide donuts for your co-workers or your child's class
Buy a child in need school clothes or supplies
Collect goods for a Sunrise Church food bank
Bring flowers to work and share them with co-workers
Make floral arrangements for senior centers, nursing homes, hospitals, police stations or shut-in's
Extend a hand to someone in need. Give your full attention and simply listen
Bring coworkers a special treat
Students can clean classrooms for the custodian
Buy a stranger a free pizza
Have a charity day at work with employees bring non-perishable food items to donate to Sunrise

Food Ministry

Serve refreshments to customers

Draw names at school or work-bring small gift or food treat for their secret pal

Treat someone to fresh fruit

Hand out balloons to people passing by

Send home a note telling parents something their child did well

Organize a scout troop or service club to help people with packages at the mall or grocery store

Volunteer to read to students in the classroom

Write notes of appreciation and bring flowers or goodies to teachers or civil servants such as a principal, nurse, custodian, secretary, firemen, policemen, City Hall, etc.

Incorporate kindness into the curriculum at Day Care Centers or children's classes

For one week, act on every single thought of generosity that arises spontaneously in your heart and notice what will happen

Invite role models and community leaders to public events to speak about the importance kindness has played in their lives

Pat someone on the back

Give coffee to people on their way to work in the morning or at the Metro Station

Donate time at a Senior Center

Give blood

Visit hospitals with smiles, treats and friendly talk for patients

Stop by a nursing home and visit a resident with no family nearby

Plant flowers in your neighbors flower box with permission

Give another driver your parking spot

Leave a treat or handmade note of thanks for a delivery person or mail carrier

Give free car washes

Clean graffiti from neighborhood walls and buildings

Tell your boss that you think he/she does a good job

Tell your employees how much you appreciate their work

Have a clean-up party in the park

Tell a bus or taxi driver how much you appreciate their driving

Give a pair of tickets to a baseball game or concert to a stranger or couple who would appreciate a night out

Drop off a plant, cookies, or donuts to a police or fire department

Open the door for another person

Write a note to the boss of someone who has helped you praising the employee

Call an estranged family member

Volunteer to fix up an elderly couples home

Give flowers to be delivered with meal delivery programs

Give toys to the children at the shelter or safe house

Give friends and family kindness coupons they can redeem for kind favors

Be a friend to a new student or co-worker

Renew an old friendship by sending a letter or small gift to someone you haven't talked to in a long time

Offer lemonade or water during warm months

Bake cookies and make hot chocolate or lemonade to give away wherever people are standing in line

Invite a teenager over for a cooking lesson or collaboration on a cooking project

Deliver soup and crackers to a sick friend

Share a recipe

Host a gathering of friends and ask each to bring a recipe to exchange. Make one or two of the recipes in quantity and distribute to neighbors or to an ailing friend

Offer to return a shopping cart to the store for someone loading a car

Invite someone new over for dinner

Write a card of thanks and leave it with your tip. Be sure to be specific in your thanks

Let the person behind you in the grocery store go ahead of you

When drivers try to merge into your lane let them. Wave & smile

Buy cold drinks for the people next to you at a ballgame

Distribute kindness bookmarks that you've made

Create a craft project or build a birdhouse with a child
Laugh out loud often and share your smile generously
Plant a tree in your neighborhood
Make a list of things to do to bring more kindness into the world. Have a friend make a list, too.
Exchange lists and do one item per day for a month
Use an instant camera to take people's photos at a party or community event and give the picture to them
As you go about your day pick up trash
Send a letter to some former teachers letting them know they made a difference in your life
Send gift anonymously to a friend
Buy books for a daycare or school
Slip a \$20 bill to a person who you know is having financial problems
Take an acquaintance to dinner
Offer to take a friend's child to ball practice
Waive late fees for the week
Ask your library or bookstore to host storytelling parties, a children's kindness hour, etc.
Make cookies and bring them to downtown merchants
Organize spring and fall clean-up projects. Choose an area that needs attention and collect debris, abandoned items and other materials that have collected in the area
Make meals to reheat for a recovering surgery patient
Leave a bouquet of flowers on a neighbor's front step anonymously
Volunteer with your children to help at a soup kitchen
Create a basket of food for a needy family. Make a card with cheerful artwork drawn by each of your family members. Deliver the basket and card to the family
Make some small gifts or write kindness wishes and drawings on bright greeting cards. Deliver them in person to residents of a Nursing Home, Children's Home or Senior Facility
Tape a lunch bag to each family member's door. For a week, put a daily treat or note inside for them to find when they wake up
With friends, organize an ice cream social, a tea, or a bingo event for residents at an Assisted Living Center. Bake sweets or assemble root beer floats for the residents and stay and visit
Create a cookbook with recipes from different cultures. In the cookbook, include kindness stories and information about the food or the region from which it came. Distribute the cookbook to teachers, administrators, friends and the community
Go to a children's zoo or a park where feeding animals is allowed. Offer a bag of food to another family to feed the animals
Bake cookies together & take them to a neighbor who needs a lift
Pitch in and clean-up the yard of a neighbor who is ill, has had surgery recently or has had a family emergency
Arrange to plant, flowers or a tree at a school or park on a Saturday morning
Have each member of your family choose someone outside the family who has made a positive difference in his or her life. Write short thank-you notes and mail the letters together
Discuss the best things about the area where you live, the best places to shop and have fun, etc. Have someone take notes. Then type up the ideas to give to a new neighbor who moves in
Provide homework help to younger relatives or neighbors
Sew comfort items for the police trauma unit or a Children's Hospital. Traumatized children and pediatric cancer patients appreciate small quilts or stuffed animals for cuddling. Chemo patients often need head coverings
Write a kind note to relatives and friends letting them know why they are special
Help a neighbor or friend who has lost a job. Write a resume or cover letter
Send cards or letters of appreciation to people you read about in the news who have done good deeds.
Prepare treats for neighbors, emergency workers, mail carriers, co-workers, or other community members along with a note of appreciation
Bake an extra loaf of banana or zucchini bread and bring it to a neighbor
Plant flowers at a neighborhood school
Clean up litter on a stretch of road in your neighborhood
Work with a scout troop and paint house numbers on curbs to help emergency personnel find addresses

Roll an elderly neighbor's garbage cans back up the driveway at the end of trash pick-up day

Sponsor a charity run/walk through your neighborhood streets Runners either pay an entrance fee or get sponsors for their run and the money goes to charity

Collect brief personal stories about acts of kindness given or received and send to Sunrise Church.

Gather a few neighbors to adopt an entrance to your neighborhood and periodically have a get-together to keep it weeded and cleaned up. Serve refreshments and make it a Saturday morning party

Collect teddy bears for police officers to give to traumatized children. Attach a note to each teddy bear for the donating resident to sign. Invite a police officer and/or trauma social worker to your neighborhood meeting to accept the bears

Hold the door of the elevator, subway, or bus for someone

After loading your groceries into the cart, return your shopping cart

Let someone merge into traffic during rush hour

If you play an instrument, play for a Senior Center or a hospital

Write something nice about your waitperson on the back of the bill

Give your place in line at the grocery store to another person such as someone in a hurry or a parent with restless little kids

Smile and say "thank you" to the bus driver or toll collector

Surprise someone in your house with breakfast in bed

Compliment a stranger about something they are wearing

Pay the toll for the person behind you

Volunteer to help at a school or library

Include a note or joke in your child's or spouse's lunchbox

Mow your neighbor's lawn

Call someone who doesn't drive and invite him or her out to lunch or a movie

Save box tops for education and donate to a local school even if you don't have children

Drive safely and courteously

Host a party for some kids you know. Make snacks, watch a movie & give neighbors a night off

Ask your children to go through their toys and donate some of them to children less fortunate than they are

When visiting a hospital, spend a few minutes with someone who has no visitors

Ask your children to wash an elderly neighbor's car, mow the lawn, or rake leaves for free

Next time you finish your punch cards for a free cup of coffee, give it away or ask the cashier to give it to someone who might need it

If you have plants that propagate easily, offer cuttings to neighbors and their children to take home and root

Select some people in your life who you feel need a special lift and send them flowers or a houseplant

Deliver baskets of kindness to home bound people-include stationery, stamps, puzzle, game, magazine, fresh flowers, a book, mug, cookie or other treats with a signed greeting card

Prepare a special meal or dessert for seniors or nursing home residents

Visit nursing homes or Senior Centers with recordings of songs that bring back memories such as Mitch Miller

Host a kindness storytelling party at a veterans hospital or other health care facility

Collect goods for Sunrise Food Ministry

Sponsor a child/children in league or sports team

Clean up trash and don't litter. Keep your area looking its best

Create a "smile file" with cartoons and pictures that make others smile. Pick out a cartoon to cheer up a friend in need

Extend a hand to someone in need

Pay a compliment once every hour

Go out with a group of friends and family and perform acts of kindness

Help out with community events by making crafts, planting flowers, etc.

Write a note to relatives and friends letting them know why they're special

Give the gift of a smile

Organize a wheelchair basketball tournament and invite children from the community to participate in borrowed wheelchairs

Help a neighbor weed or plant a garden
Stop for a person waiting to cross the street
Call or write to someone you haven't spoken to in a long time just to say you're thinking about them
Purchase a copy of a book about kindness, read it, put your initials, city and state on the inside and pass it on
Call loved ones just to say "I love you" or to tell them what you appreciate about them
Create or donate floral arrangements for a Senior Center, Nursing Home Police Station, Hospital or the homebound
Smile & say "hello" to someone you don't know
When you are waiting for service at the deli counter, trade "ticket numbers" with someone in a hurry
Pick up litter
Help someone struggling with heavy bags
Offer to baby-sit for free to give a single parent an evening off
Call someone who has no family nearby and invite him or her to your home for a visit
Donate individual flowers for food trays delivered to the homebound
Assemble and deliver a basket of vegetables or fruit and a few flowers for a homebound person
Grow herbs and offer them to your neighbors for recipe that require fresh herbs
With your gardens' yield, bake some zucchini bread and share it with neighbors or co-workers
Save coupons and send them to the commissary for military families to use overseas. They can use expired 6-month old coupons
Send a card to a lonely person
Bring fresh produce or flowers to neighbors, co-workers or homeless shelters
Carry inexpensive, pocket-sized rain ponchos in your car and hand them out to pedestrians who are getting drenched