

## IDEAS FOR ACTS OF KINDNESS

1. Pay for someone's gas.
2. Take out the garbage for an elderly or handicap neighbor.
3. Leave an encouraging note or surprise in items you are donating, selling, or returning.
4. Deliver fresh-baked cookies to a neighbor or co-worker.
5. Bring fresh flowers to someone.
6. Mow someone's yard for free.
7. Pay for someone's coffee behind you in the drive-through.
8. Pay for someone's fast food meal behind you in the drive-through.
9. Send a note of encouragement to someone.
10. Give baked goods or a small gift to the postman or delivery person.
11. Leave a big tip for your server at a restaurant.
12. Help someone who you know is struggling financially.
13. Pay for someone's meal or dessert at a restaurant.
14. Bake goodies and take them to the police station, fire station, or hospital.
15. Take a box of doughnuts to a school, office, etc.
16. Cook a meal for a neighbor or co-worker.
17. Help tutor a struggling student.
18. Pay for someone's groceries that is behind you in line.
19. Have your kids draw pictures for your neighbors, write an encouraging note on the back, and drop them off in their mailboxes. Include an Acts of Kindness card!
20. As you walk, bike, or jog around your neighborhood, pray for protection over the families of each household. Let your neighbors know you're praying for them.
21. Connect with anyone you know whose family's health has been affected by COVID-19, and offer to drop off a home-cooked meal on their doorstep. Ask if they have any other needs for supplies or resources that you could help provide during this time.
22. Call a local nursing home or retirement community and ask if there's anything you can do to help the residents with groceries or other practical needs. Drop items off with notes of encouragement!