



HOPE · HEALING · RESTORATION

March Kindness

30 Days of Random Acts of Kindness

Animals:

- Donate dog or cat food to a shelter.
- Donate old blankets or old towels to a shelter.
- Donate treats to a shelter.
- Bake homemade treats for animals.

Bless Your Neighbor or Neighborhood Activities:

- Leave a cold drink or snack bag for your mail carrier.
- Leave a cold drink or snack bag for your garbage collectors.
- Purchase a bag of groceries for a neighbor, elderly person, or someone in need.
- Put all the ingredients for a meal together along with the recipe and leave on a neighbor's door (non-perishable).
- Mow your neighbor's lawn.
- Rake your neighbor's leaves.
- Bring garbage can to/from the road for elderly, widows, or any neighbor..
- Bake cookies for your neighbor.

Elderly:

- Offer to clean their house.
- Get their grocery list and do their shopping for them.
- Clean elderly person's yard.
- Cook a meal for someone sick, elderly, or single parent.
- Bring garbage can to/from the road for the elderly.
- Take an elderly person's dog for a walk.
- Offer to take their dog out if it is raining.

Grocery Stores:

- Leave coupons or applicable items at the grocery store.
- Take elderly shopping.
- Hand out single stem roses to elderly ladies in Walmart.
- Return misplaced shopping carts to the designated area.
- Let someone go in front of you in the checkout line.
- Buy your cashier a cold drink.
- Offer to put someone's grocery cart up for them.

Be kind.

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Groups of People: (Parks, ball games, at intersections, etc.)

- Give someone an umbrella or poncho on a rainy day.
- Hand out water or popsicles after a game, at an intersection, or at the park.

Less Fortunate:

- Put together blessing bottles to hand out to the homeless.
- Put together blessing bags to hand out to the homeless.
- Hand out McDonalds gift cards to the homeless.
- Prepare and hand out sack lunches for homeless.
- Purchase and hand out socks for homeless.
- Buy a donation bag at Rouses to help feed the hungry.
- Drop off food at a food bank or barrel.

Local Businesses:

- Send a thank you card to a local establishment.
- Leave a big tip for your wait staff.
- Leave packages of soap/detergent at laundromat.

Medical Blessings:

- Make blankets for child life at OLOL.
- Bring lunch, snacks, or treats to the St. Jude clinic.
- Leave a snack basket in the ER waiting room (include reading material/Bible).
- Buy single stem roses to hand out to your child's pediatric nurses (or have child hand them out).
- Send your doctor a family picture with a thank you note.

Personal:

- Reach out to someone you haven't talked to in a while.
- Befriend someone who is lonely.
- Ask someone if there is anything that you can do to help them.
- Send a care package to military, college, etc. (someone who is away & may be homesick).
- Offer to help someone move.

Pay it Forward:

- Pay for/pump someone's gas.
- Leave a bag of change at laundromat.
- Leave change at the car wash.
- Pay for the person behind you in line at the checkout.
- Pay for the person behind you in line at the drive thru.
- Leave a bag of change at vending machine.
- Leave money or gift card on grocery aisle or toy aisle.
- Place a bag of quarters near gum ball machine.
- Pay someone's bill at the restaurant.
- Buy gift card at Walmart then turn around & hand it to person in line.

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- Leave a Starbucks gift card on someone's car.
- Tape gift cards to shopping carts.
- Give a random person \$10.
- Buy and leave a gift card to the restaurant where you are eating to give to another table on your way out.
- Buy your cashier a cold drink.
- Leave money in a plastic bag at Redbox.

Public Service Workers:

- Pay for an officer/military personnel that you see in a restaurant.
- Give your mail person a cold water or drink.
- Give your trash man a cold water or drink.
- Give your public service workers a thank you card.

Schools:

- Offer to decorate a teacher's door for Spring.
- Send a spring craft to school for your child's class or a random class.
- Buy a dessert and leave it in the teacher's lounge at a school near you.
- Prepare school supply bags for your school. (Pencils, colors, erasers, Clorox. wipes, & glue are gone by this time of the year.).
- Purchase a gift card or make a gift basket for school cafeteria workers.

Single Parents or Babies/Kids:

- Offer to watch a single mom's kids while she goes grocery shopping.
- Cook a meal for someone sick, elderly, or single parent.
- Get balloons and leave on cars in parking lot that have car seats.
- Purchase diapers, baby formula, etc. for new parents, a single mom, or family in need.
- Purchase and hand out coloring books and crayons for kids.
- Offer to babysit for someone.
- Leave diapers & wipes in the restroom changing station.
- Offer to watch someone's kids while they have a few hours off.
- Help younger siblings with homework.

Workplace:

- Share food at work.
- Buy an extra cup of coffee and give it to your coworker.
- Open the door for someone.
- Place mints/candy on your desk to share with others.

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