

Kickstart Kindness

Everyday kindness activity slips

Cut out the activity slips and place in a jar. Then pull out a slip each time you want to perform an act of kindness. Remember to extend kindness to the community and environment; your co-workers, family, friends, home, neighborhood and school; and yourself.



Acknowledge success.	Bring treats to a firehouse or police station.
Ask an older person to reminisce about the “good old days.”	Call someone just to see how he or she is doing.
Ask for a nonprofit donation rather than a birthday or anniversary gift.	Carpool when you can.
Be courteous to services workers, such as waiters, waitresses and cashiers.	Celebrate birthdays at work.
Be encouraging.	Clean up shared spaces.
Bring a welcome gift or treat to a new neighbor.	Complete someone’s chores.
Bring healthy treats to share at school or work.	Donate hair through organizations like Locks of Love.

Donate old clothes.	Grow a garden.	Leave a kind note in a library book for someone to find.
Donate to a local nonprofit.	Help someone who is struggling in a subject you are good at.	Leave a thank-you or treat to your letter carrier or delivery person.
Drink water.	Help without being asked to help.	Let someone check out in front of you at the grocery store.
Eat healthy.	Hold the door or elevator.	Limit your use of paper.
Enjoy nature.	Hold virtual check-ins or coffee chats.	Make a fresh pot of coffee.
Forgive someone.	Include others in your play and projects.	Meditate.
Get to know a new co-worker, classmate or neighbor.	Invite someone to sit with you at lunch.	Mow someone's lawn.
Give a compliment.	Journal.	Offer to babysit children for free.
Give recognition at school, in a meeting or on a Kudoboard.	Leave a generous tip at a restaurant.	Offer to get someone's mail while they are away.
Greet people while at school, work and in the community.	Leave a kind note for a family member to find.	Offer to shop for groceries for someone in need.

Offer to take someone's grocery cart to the cart return.	Plan time for personal connections during virtual meetings.	Serve breakfast in bed.
Offer to take a photo for a group when you see that one member can't be in the photo.	Plant a tree.	Set goals.
Offer to watch someone's pet while they go on vacation.	Put your phone away and listen with intent when someone is speaking to you.	Share and take turns.
Organize a charity drive in your workplace.	Rake leaves for someone.	Shop from a locally owned business.
Organize a family reunion.	Read.	Shovel the driveway, sidewalk or walkway for someone.
Organize a meal for someone who is sick.	Say "please" and "thank you."	Show a new student around school.
Organize a neighborhood block party.	Send a card or a note to someone telling him or her why he or she is special.	Sign up for a class.
Organize an activity with co-workers.	Send a kind note to someone.	Smile at people as you pass.
Pay for someone's meal or coffee.	Send letters, cards or packages to military personnel.	Stand up to bullying.
Pick up trash.	Send someone flowers.	Start a new hobby.

Stop comparing yourself to others.	Tell the manager or supervisor when you receive good service.	Vote.
Take a bubble bath.	Thank co-workers for their contribution to the organization.	Walk or bike instead of driving.
Take someone to lunch.	Thank your teacher and other school staff.	Walk or run a 5K for a sponsored cause.
Take a meal to someone.	Use positive self-talk.	Write a fun note on the sidewalk with chalk.
Tape money to a parking meter as a gift for the next person.	Use reusable mugs, water bottles or grocery bags.	Write a letter to someone who had a positive impact on you.
Tape money to a vending machine as a gift for the next person.	Visit a nursing home or write letters to the people in the home.	Participants choice.
Teach someone a new skill.	Visit an older person.	Participants choice.
Tell a co-worker's boss about the co-worker's success.	Volunteer in your community.	Participants choice.