

100 Random acts of Kindness

1. Pass on your Pound/Euro/Dollar when you go shopping
2. Buy someone homeless a hot drink
3. Chat to a mum whose child has a tantrum
4. Clean your elderly neighbours guttering
5. Buy extra food when you are out to feed the homeless
6. Donate to a local food bank
7. Donate to a local hospice
8. Give money to a busker
9. Give a stranger money when they are short
10. Give to a charity shop near you
11. Bake for a friend
12. Be kind online, and show someone you care
13. Send someone you know flowers
14. If you ever find anything, hand it in
15. Add a note to anything you sell
16. Leave notes in changing rooms with positive messages
17. Hold the door open, esp. for mums with buggies
18. If someone looks in trouble, help them
19. Donate your umbrella if it's raining to someone else
20. Encourage your children to give 50p to another child
21. Let people out at junctions
22. Stop for people needing to cross the road
23. Smile at a stranger
24. Give blood
25. Become an organ donor
26. Keep an eye on everyone else, and if they look like they need a smile or help; give them it
27. Offer to pay for someone's shopping
28. Hide money when out and about so people find it
29. Send a food shop to someone you know that needs it
30. Organise a collection to help someone in trouble
31. Help a parent travelling solo to entertain their kids
32. Post a book through a neighbour's letterbox with a note saying "Hi"
33. Give a stranger a compliment
34. Paint a message on a rock; leave it somewhere
35. Speak to a stranger
36. Buy someone in a coffee shop a drink, just because
37. Get up for the kids in the morning
38. Donate a book to the library
39. Leave a book on the train with a note passing it on
40. Call a friend you haven't spoken to Recently
41. Donate a toy to the local hospital
42. Be honest on social media - just once!
43. Encourage a stranger when they need it
44. Talk to someone on their own
45. Laugh hard with someone that needs it
46. Cry with someone that needs to
47. Give a flower to a stranger
48. Tell someone to keep the change
49. Leave a nice note on a colleague's desk
50. Buy a friend lunch
51. Listen hard
52. Visit an elderly neighbour
53. Share your lunch with a stranger
54. Buy pet food from the local animal shelter
55. Take biscuits/cookies to a neighbour
56. Thank your teacher/colleague for helping you
57. Leave money in a vending machine
58. Give something from your business out for free
59. Let someone go first in a queue before you
60. Help clean someone else's house
61. Recycle it
62. Give someone homeless a blanket/coat
63. Help someone else with their pets
64. Give a single parent friend a break by babysitting
65. Babysit for anyone!
66. Phone a friend
67. Don't say it, even if you feel it
68. Understand they are tired too
69. Take a photo of ur kids, send to someone they love
70. Give a bar of chocolate to someone in the queue
71. Say "Hello" when you walk past someone
72. Explain patiently to your kids even if you are tired
73. Share and encourage your kids to do the same
74. Speak up when you normally wouldn't
75. Forgive someone
76. Get that DVD and watch it with a friend
77. Go to a film with someone, and pay for it
78. Give them a hug and tell them you love them
79. Don't spread those rumours; challenge them
80. Write a letter
81. Tip generously
82. Pamper a friend with a beauty treatment
83. Carry someone's bag
84. Don't send that annoyed email
85. Wash up, or load the dishwasher even if u cooked
86. Put goodies in a shoebox and give as a gift
87. Arrange a playdate to help a mum/dad friend
88. Pick up that litter
89. Sponsor a child or an animal; or both!
90. Have a conversation with the delivery driver
91. Say "Have a nice day" and mean it
92. Do something to help raise money for charity
93. Praise someone's work, including your kids'
94. Plant a tree or a flower
95. Say thank you whenever you can
96. Help people who are lost
97. Say "sorry" when you need to
98. Give time to someone that needs it
99. Be kind to yourself
100. Don't expect anything in return

#52KindWeeks