

30 Acts of *kindness* in Thirty Days



Let's spread kindness throughout our communities!

Complete at least one act of kindness each day for the next 30 days. Here is a list of some small ways you can positively impact those around you. Feel free to be creative and come up with your own acts of kindness! Kindness is a ripple effect – encourage others to join the challenge by sharing your acts on social media! #loveyourneighbor

- List 30 people and pray for one each day.
- Take a walk in your neighborhood and pray for each house.
- Leave the largest tip you can afford for a kind server.
- Write a letter to someone who has made a difference in your life.
- Chalk a sidewalk with uplifting messages.
- Send encouraging text messages to 5 people.
- Write cards for a local hospital.
- Pay for the person behind you at a drive-thru.
- Donate seasonal clothes to a clothing pantry.
- Compliment the first 3 people you talk with today.
- Reconnect with someone you haven't spoken with in a while.
- Donate towels, blankets and toys to an animal shelter.
- Surprise a neighbor or friend with freshly baked treats.
- Give parents a night out by offering to babysit for free.
- Give a thank-you treat to your mail, delivery and sanitation employees.
- Donate new socks and underwear to a local shelter.
- Post an encouraging sticky note message on a mirror or door.
- Host a clean-up party at a nearby park.
- Donate books to your local library or a book drive.
- Send a 'Thank You' card to your local police or fire station.
- Leave your server an encouraging note on their receipt.
- Post a positive and encouraging message on social media.
- Help your neighbor with their yard work.
- Donate packages of diapers and wipes to a local agency supporting families.
- Pause to hold the door open for someone behind you.
- Surprise someone with flowers.
- Participate in a blood drive.
- Donate food to a local food pantry.
- Write a positive review online for a local business.
- Pray for government leaders and send a note thanking them for their public service

