



Random Acts of Kindness

Simply be kind to others. Do what you can, with what you've got, where you are.

Give away any fruit or excess from your backyard bounty to passers-by.

Hand balloons to children and adults alike.

Offer your skills / services to another person. Train others in a skill you have.

Give away baking, preserves or a meal.

Be considerate to other motorists and pedestrians.

Hand out wrapped sweets or lollipops.

Invite someone on their own; to dinner.

Put change in expired parking meters (and a note on the windscreen to let them know).

Smile at pedestrians and wish them a good day or wave at drivers.

Pay a coffee or groceries forward for someone coming after you.

Send friends or family a 'just because' gift out of the blue.

Fill in a customer service form for someone who made your day a little easier.

Give away balloons to children and adults alike.

Donate non-perishable food to a food bank or a family who need it.

Sort your books and give away those you no longer need; ie prison, community group, neighbour, etc.

Donate any excess craft supplies to other craftsters, kindergartens, children's hospital wards, etc.

Craft something practical for someone - knit, crochet, sew, stitch, spin,

Include others in your routine activities who may not be able to do so themselves or would just like to get out.

Make a donation to a collection box.

Write an encouraging note, letter or card to someone you know or even someone you don't!

Share any grown-out-of or never-to-grow-back-into clothing with family / friends / charities.

Blow bubbles for children to enjoy at a playground.

Volunteer.

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