

Compliment well-behaved child/children when you're leaving a restaurant.

Help someone clear their car of snow/ice, rake some leaves, or other odd chores

Pay for someone's meal or cup of coffee.

Invite a senior who's alone in a restaurant to sit with you.

Send a card or letter to a friend or relative for no other reason than to bring them joy.

Leave a thank you card/note along with your next tip.

Volunteer some time at your local animal shelter, either for cleaning or playing with the animals.

Buy or make a bunch of cards (great for kids) and drop them off at a nursing home or hospital.

Also great for kids; make colorful and patriotic pictures or collages for local veterans hospital or organization.

Pay for someone's car wash in line behind you.

Drop off a thank you card, for the clergy, in the offering plate at your place of worship.

Offer to babysit for someone for free, so they can have a night out.

Send an email to someone with a thoughtful compliment.

Lend a sympathetic ear to someone who obviously needs one.

Send a letter or card to a teacher or someone who has inspired you.

Bring flowers for the receptionist at your next appointment.

Buy a gift card for gas or groceries and mail it anonymously to a neighbor.

Help out at the next fire company fundraiser; or, find out when they're having their next meeting and offer to supply baked goods for them to enjoy.

If you have the know-how, offer to help a family member prepare their taxes, draw up a budget, or use their computer.

Help out the mother of a newborn by volunteering to do a little housework for free.

Please see these links before for some more kindness inspirations:

<https://www.youtube.com/watch?v=KKyPBJKTccc>

<https://www.youtube.com/watch?v=oXBnj8onRpo>