50+ ways to be kind

BE CONFIDENT
read a book
bike instead of drive
stand up for a friend
switch to paperless mail
bring toys to a children's hospital
make a bucket list

LAUGH OFTEN
laugh often
plant a tree
send a nice text to an unknown number
take some time for yourself
SEND A POSTCARD
call your grandparents
high five a stranger
tell someone you love them

HANG CLOTHES TO DRY
bake cookies for a friend
share a recipe
baby sit for free
ADOPT A SHELTER PET

exercise
donate your old clothes to charity

SMILE

LOVE YOURSELF
write a review for a local business
Volunteer
hug a loved one
congratulate a friend

THANK A TEACHER

DO THE DISHES
start a community garden
bring soup to a sick friend

GRATEFUL GIVING
offer to help with yard work
believe in yourself

DON'T EAT MEAT FOR A DAY
fund an online campaign

PICK UP GARBAGE ON THE STREET
visit a nursing home

be kind to every kind

RANDOM ACTS OF KINDNESS FOUNDATION
randomactsforkindness.org