

WORLD Kindness DAY

Fifty ways you and your family can contribute to a kinder and more compassionate world!

1. Hold a door open for someone
2. Reach out to an old friend
3. Compliment a stranger's outfit
4. Shovel snow off a neighbor's driveway
5. Offer your bus seat to someone else
6. Pay for a stranger's groceries
7. Lend a friend a movie, book or toy of yours they like
8. Send a handwritten letter to a loved one
9. Give directions to someone who's lost
10. Be patient with your server at a restaurant
11. Sit with someone who's lonely at lunch
12. Tutor a struggling student
13. Let a sibling pick what to watch on TV
14. Call a grandparent
15. Leave a positive review online for your favorite business
16. Take out and bring in a neighbor's garbage cans
17. Help a family member make a meal
18. Offer to babysit for free
19. Pick up something someone dropped
20. Leave a kind note on a stranger's car
21. Mow a neighbor's lawn
22. Buy a friend their favorite treat
23. Offer to take someone's picture
24. Check on a loved one to see how they are
25. Leave a generous tip for a service worker
26. Let someone in a hurry get ahead of you in line
27. Stay behind after an event to help clean up
28. Smile at a stranger
29. Take your younger sibling to the park
30. Compliment a friend on one of their talents
31. Say "thank you" and mean it
32. Make friendly conversation with your cashier at the grocery store
33. Give up your parking space
34. Leave quarters at a vending machine
35. Cut your hair and donate it
36. Have a game night with your grandparents
37. Pick up trash in your neighborhood
38. Tell someone you're proud of them
39. Wave to your postal worker
40. Offer to do more chores around the house
41. Take a friend out to lunch
42. Support your local lemonade stand
43. Wash a neighbor's car
44. Make a family member breakfast in bed
45. Leave a gift at someone's door
46. Donate to a charity
47. Help a friend with a challenging project
48. Leave an encouraging note on a napkin at a restaurant
49. Send a card to someone "just because"
50. Leave uplifting messages on sticky notes around the house