



United States of Kindness

Kindness Ideas

For Individuals and Families

Easy, Trackable “250 Acts” Ideas for Individuals

- Easy, Trackable “250 Acts” Ideas for Individuals
- 250 thank-you texts or messages sent to people who have helped you
- 250 compliments given (in person, by text, or online)
- 250 doors held open, carts returned, or small everyday helps
- 250 “check-in” calls or messages to friends, neighbors, or family
- 250 acts of service for someone outside your household
- 250 positive reviews left for local workers, restaurants, or small businesses
- 250 acts of encouragement (notes, cards, or messages)
- 250 pieces of litter picked up in your neighborhood or at a park
- 250 kindness moments shared publicly using @USofKindness and #USK250

Everyday Kindness and Connection

- Say “good morning” or “have a great day” to someone
- Smile at someone who looks tired or stressed
- Compliment someone, and be specific
- Say something positive about someone when they are not in the room
- Ask someone how they are doing, and wait for the answer
- Text a friend you have not talked to in a while
- Call someone just to check in
- Invite someone new to eat lunch with you
- Introduce yourself to a neighbor you have not met
- Say something kind to someone who disagrees with you

A Powerful One That People Forget

- Ask someone for help. Don’t shortchange others from the opportunity to do good and feel good.



Kindness Ideas

Small Helpful Actions

- Hold the door and make eye contact
- Let someone merge in traffic
- Help someone carry something heavy
- Help someone in a grocery store parking lot
- Offer to run an errand for someone who is overwhelmed
- Bring a coffee or small treat to someone having a rough day
- Make a meal for someone who is sick or recovering
- Lend a helping hand to an elderly neighbor
- Offer to babysit for a tired parent

Notes, Messages, and Encouragement

- Write a kind note to a healthcare worker
- Write a kind note to a police officer or firefighter
- Write a kind note to a teacher
- Write a kind note to someone who has made a difference in your life
- Write a kind note to a server at a restaurant
- Write a kind note to the mail carrier
- Send a message to someone and tell them exactly why you appreciate them
- Leave a note of encouragement where someone will find it

Community Kindness and Service

- Volunteer your time at a nonprofit that helps people
- Donate to a nonprofit that helps people
- Donate blood
- Register to be an organ donor
- Register to be a bone marrow donor
- Pick up trash at a park or in your neighborhood
- Leave a place better than you found it
- Leave a positive review for a local business or worker
- Support a local “Kindness is Served Here” restaurant or business

