50 KINDNESS IDEAS

TO HELP YOU REACH 250 ACTS OF KINDNESS

United States OF KINDNESS™ by Kindland

- Tell someone you are grateful for them
- Send a quick "thank you" text to someone
- Leave a positive review for a worker, restaurant, or small business
- Cheer up someone who is down
- Give someone a compliment
- Make a new friend
- Check in on a neighbor
- Pick up trash at a park or in your neighborhood
- Respect people's differences
- Follow @USofKindness on your social media
- Help someone carry something
- Be honest and caring
- Write a kind note to the mail carrier
- Invite someone new to eat lunch with you
- Hold the door and make eye contact
- Patron a local restaurant or business
- Stand up for someone
- Write a kind note to a teacher
- Admit when you make a mistake
- Leave a note of encouragement where someone will find it
- Offer to babysit for a tired parent
- Say hello to a new student or co-worker
- Make a meal for someone who is sick or recovering
- Send someone a fun text that makes them smile
- Write a kind note to a healthcare worker
- Let someone merge in traffic
- Lend a helping hand to an elderly neighbor
- Help someone feel like they belong
- Say something positive about someone when they are not in the room
- Text a friend you have not talked to in a while
- Offer to run an errand for someone who is overwhelmed
- Include someone who is left out
- Ask someone how they are doing and wait for the answer
- Volunteer at or donate to a nonprofit that helps people
- Bring a coffee or small treat to someone
- Tell a friend what you like about them
- Appreciate people's uniqueness
- Smile at someone who looks tired or stressed
- Call someone just to check in
- Send a message to someone and tell them exactly why you appreciate them
- Use kind words, even when you are frustrated
- Write a kind note to a server at a restaurant
- Say "good morning" or "have a great day" to someone
- Write a kind note to a police officer or firefighter
- Apologize when you hurt someone's feelings
- Introduce yourself to a neighbor you have not met
- Share a kindness moment from the news using @USofKindness and #USK250
- Pick up litter in your neighborhood or at a park
- Write a kind note to someone who has made a difference in your life
- Write a thank-you note to a teacher, coach, or bus driver