

Offer to babysit for free



Let someone go ahead of you in line



Send an encouraging text to a friend



Compliment someone and make their day



Help someone carry their bags



Water plants for someone on vacation



An opportunity for our Nation as we celebrate 250 years!

Share a book you love with someone



Write a positive review for a small business



Donate unwanted clothing



Create a care package for someone in need



Check in on a friend or loved one



Pick up litter in your community



Offer to help with chores or errands



Hold the door open for someone



2026 marks the 250<sup>th</sup> anniversary of the United States of America. Help us celebrate by completing 250 acts of kindness throughout 2026. Use the ideas on this challenge board and spread kindness far and wide.

Make a homemade thank you card



Together, America is a Kind-land.

Learn more and print additional challenge boards at [USofKindness.org](https://USofKindness.org)



Share your kindness journey on social media @USofKindness #USofKindness

Teach someone something you're good at



Donate books to a school or library



Make a healthy snack for someone



Spend time with someone who might feel lonely



Leave an uplifting note in a public place

