

30 DAYS OF KINDNESS

- Make a short video for someone's birthday or to say thank you.
- Leave an encouraging note in a book you're returning to the library.
- Give a sincere compliment to each person in your house.
- Text your grandparents a photo of you doing something silly.
- Make a music playlist for a family member with their favorite songs.
- Write a thank you note to a teacher or coach.
- Video chat with an aunt or uncle.
- Take flowers or a card to someone in the hospital or nursing home.
- Do another family member's chore.
- Skip buying something and send the money to [Skip1.org](https://www.skip1.org).
- Don't complain all day.
- Lend your favorite book or movie to a friend.
- Re-gift a gift card you're not going to use.
- Tell three people you love them.
- Double your tip at a restaurant or pay for the next person in line.
- Send a care package to a member of the military or a missionary.
- Write a poem or draw a picture for a family member or friend.
- Teach someone something: a song, a new game, how to braid, etc.
- Paint a kindness rock and leave it in a park.
- Donate books to a preschool or leave some in a Little Free Library.
- Shop or eat at a small, locally owned business.
- Talk to someone you don't normally talk to or who seems lonely.
- Write a positive online review for a business or product you love.
- Take treats to a police or fire station and thank them for their service.
- Stock your car with water and snacks to give to homeless people.
- Donate old magazines to a doctor's office, school, or nursing home.
- Apologize to someone you've hurt or forgive someone who hurt you.
- Buy a \$10 gift card at a store and hand it to someone as you leave.
- Invite a friend over, and let them choose everything you do.
- Think up your own act of kindness, and do it!