

Random Acts of Kindness

Smile at a person

Hold the door for someone

Help someone with their groceries

Brag on something someone did

Compliment a stranger

Offer a seat to someone

Help someone find their way

Make a meal for someone who is sick

Ask someone about their day

Volunteer to take a dog for a walk

Plan a surprise date night

Help a neighbor with yard work

Listen to someone who needs to talk

Say thank you

Share something you like about someone

Leave a note for someone to find

Give someone a treat, just because