

4.15
boston
day

Acts of Kindness Inspiration

*We encourage you to try doing
4 acts of kindness on the 15th.*

1. Stay home for those who can't.
2. Pick up the phone to check on a loved one.
3. Thank the first responders, medical professionals, and frontline workers in your life. (Post to social media using [#OneBostonDay](#) or make a sign to hang in your window!)
4. Give to your favorite charity.
5. Support small businesses and local restaurants by purchasing a gift card, shopping online, ordering takeout, or leaving a positive review.
6. [Donate to the Boston Resiliency Fund.](#)
7. [Support local artists by donating to the Boston Artist Relief Fund.](#)
8. [Join the City of Boston's pen pal program for veterans.](#)
9. Support a Boston Marathon runner running for a cause this fall.
10. Check-in by phone with an older Bostonian in your family or neighborhood and offer them assistance during this time.
11. [Volunteer for the City of Boston's COVID-19 response efforts.](#)
12. If you need to go out in public, help slow the spread by keeping at least six feet away from others.
13. [If you're healthy and feeling well, make an appointment to donate blood with the Red Cross.](#)
14. [Make a face covering for yourself or a neighbor in need of one.](#)
15. Come up with your own idea to spread kindness on [#OneBostonDay!](#)