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.
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!