



Ideas for RANDOM ACTS OF KINDNESS *that don't cost money*

- SMILE AT A STRANGER
- LET SOMEONE GO IN FRONT OF YOU
- PICK FLOWERS FOR A FRIEND
- LEAVE LOVE NOTES ON PEOPLE'S CARS
- PAINT STONES WITH BEAUTIFUL NOTES AND LEAVE THEM FOR PEOPLE TO FIND
- DONATE OLD CLOTHES TO CHARITY
- WATER YOUR NEIGHBOURS PLANTS
- MENTOR A YOUNG PERSON
- OPEN THE DOOR FOR SOMEONE
- OFFER TO WATCH A MOM'S KIDS SO THEY CAN WORK ON THEIR BUSINESS OR PRACTISE SELF-CARE
- OFFER YOUR SKILLS TO SOMEONE IN NEED
- GIVE SOMEONE A COMPLIMENT
- START A CONVERSATION WITH A STRANGER
- MAKE A HANDMADE GIFT
- CALL A FRIEND YOU HAVEN'T SPOKEN TO IN A WHILE
- PICK UP RUBBISH AT THE PARK
- DONATE YOUR KIDS TOYS TO OTHER KIDS IN NEED
- BAKE COOKIES FOR CHARITY