



20 RANDOM ACTS OF KINDNESS FOR FAMILIES TO DO

- Pay for a coffee for the person behind you in line
- Bake cookies for the elderly
- Bring a treat to the local Firehall or Police department to thank them for their service to the community
- Walk the neighbour's dog
- Leave a bookmark in a library book with a note for the reader to take it
- Leave a note to thank the janitor for their hard work at your building
- Buy a movie ticket for someone behind you in line
- Insert coins into someone's parking meter
- Pack someone a lunch for the day
- Feed the birds in the park
- Donate water bottles to the homeless shelter
- Donate colouring books and crayons to the women's shelter (where there are often many children going through a tough time)
- Learn to say "hello" in different languages to people in your area from different nationalities
- Babysit for free
- Donate food to the local food bank
- Send a positive text message to 3 people
- Purchase extra dog or cat food and bring it to the animal shelter
- Send a letter or an email to a former teacher who made a difference in your life
- Make homemade dog treats and deliver them to the animal shelter
- Bring someone flowers from your garden