

It is only possible to become a true [Human Being](#) when acting accordingly, and yet many are frustrated by a lack of knowledge of their “true purpose.” They feel that they must engage something “bigger” in order for that service to actually “do any good.” While more difficult acts of [selfless service](#) do have more power (and thereby do bring more [Inner Peace](#)), any act of selfless Kindness is valuable in this day and age - a time still ruled by fears and selfish desires. To assist you with your own journey of re-membering your courageous & selfless True Self, here are few “random acts of kindness” that you can engage whenever you wish ... EnJOY!

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Deliver coffee and donuts to the night cleaning staff of a local public facility.

Make arrangements to do a guest reading for the students of a local elementary school; making sure that the books read reflect the ideals of selfless kindness ([The Three Questions](#) by Jon Muth is great).

Do a “drive-by flowering” by going to a few different fields and gathering bunches of wildflowers. Then drive through a neighborhood leaving flowers tucked under the wiper blades of cars and hanging from front doorknobs.

Run an ad in a local paper with a different inspirational kindness-quote each day/week.

Distribute/post fliers in your neighborhood containing quotes about kindness from different traditions.

Invite your friends to join you in fasting for a day with Muslims in your community.

Set up a table & give free cups of lemonade, tea &/or coffee to passersby, along with “kindness cards” encouraging them to offer acts of kindness to someone else that day.

Help to establish a local chapter of Students Today leaders Forever. Their website is [www.stlf.net](http://www.stlf.net).

Buy some winter gloves and give them to someone(s) in need.

Be a “put pocket”, going around secretly putting one or five dollar bills into people’s purses or pockets, along with attached notes encouraging them to spread their own version of anonymous kindness wherever they go.

Give a local grocery store cashier ten one dollar (or five dollar) “Smile Card Coupons” to be distributed to his/her next ten customers. The Smile Card could have a kindness quote on it, along with the encouragement for the recipient to go forth and do similar good deeds for others.

Purchase ten small, colorful gifts from a thrift store or dollar market, attach a Kindness card (with a kindness quote and some mention of the power of selfless giving) and leave them in interesting places to be found.

Purchase, collect or make warm, colorful hats and either donate them to a local homeless shelter or give them directly to the homeless folks of your community.

Write a fellow student, a friend, a coworker or a stranger a “What I like about you” card and secretly leave it to be found by them.

Give two gifts to a child, encouraging him/her to give both the second one and one of his/her own toys to another child. Let this child ask the recipient of those two toys to do the same.

Buy a packet of balloons and a silver sharpie. Blow up the balloons, draw smiley faces on them, and give them to anyone you see who seems down that day.

Hug a friend.

Ask a stranger how they're doing and ask if they need any assistance.

Donate some money to a local charity. Do so in the name of a friend.

Buy lunch for a homeless person (and eat your lunch with them).

Leave a small gift at the door of a family suffering through a tragedy or severe illness.

Pick out some place or object to beautify. Clear out a vacant lot and plant trees and shrubs, straighten a street sign, or re-paint a bus stop.

Recycle.

Select a person in your neighborhood or at work/school who is feeling down. Send that person an anonymous greeting card.

Take birdseed in a small pouch and spread it where you see our feather friends congregating.

Visit an animal shelter and bring some treats for the animals and the staff there.

Do a job (like mowing the lawn, raking leaves, or shoveling snow) for someone who is having hard times, and surprise him or her by not charging for it.

Send a thank-you letter to someone who made a positive difference in your life.

Let the person behind you go ahead of you in line.

Bake cookies or another treat, and give them away at school or at work.

Slip some money into the pocket of a needy friend.

Buy a movie ticket for the person behind you in line.

Do something for others who usually do something for you. Clean up the living room, make breakfast on Sunday, or do the laundry.

Collect goods for a local food bank.

“Adopt” a fellow student/coworker who needs a friend, checking in periodically to see how things are going.

Clean your classroom/workspace for the custodian.

Go to a fast food restaurant and buy lunch/dinner for the person behind you in line.

Go and sing for (or just listen to) the resident of a local nursing home.

Slip paper hearts that say "Have a great day!" under the windshield wipers of parked cars.

Read the obituary page and comfort the bereaved with phone calls, cards, plants, and/or food.

Treat someone to fresh fruit.

Pay a stranger a compliment at least once a day.

Hand out balloons to passersby.

Transport someone who can't drive.

Mow a neighbor's grass.

Say something nice to everyone you meet today.

Volunteer at an agency that needs help.

Smile for strangers.

Adopt a pet from the humane society.

Pat someone on the back and smile at them.

Give blood.

Visit hospitals with smiles, treats, and friendly conversation for patients.

Stop by a nursing home, and visit a resident with no family nearby.

Plant flowers in your neighbor's flower box.

Give another driver your parking spot.

Leave a treat or handmade note of thanks for a delivery person or mail carrier.

Clean graffiti from neighborhood walls and buildings.

Tell your boss/teacher that you think he/she does a good job.

Let your staff leave work an hour early (or work an hour of overtime for free).

Have a clean-up party in the park.

Tell a bus or taxi driver how much you appreciate their driving.

Give a pair of tickets to a baseball game or concert to a homeless person.

Leave an extra big tip for a waitperson.

Drop off a plant, cookies, or donuts to the police or fire department.

Open the door for another person.

Pay for the meal of the person behind you in the drive-through.

Leave a bouquet of flowers on the desk of a colleague or classmate with whom you don't normally get along.

Give toys to the children at the shelter or safe house.

Offer to return a shopping cart to the store for someone loading a car.

Write a card of thanks and leave it with your tip. Be sure to be specific.

When drivers try to merge into your lane, let them in with a wave and a smile.

Give a bag of groceries to a homeless person.

Laugh out loud often and share your smile generously.

Plant a tree in your neighborhood.

Use an instant camera to take people's photographs at a party or community event, and give the picture to them.

As you go about your day, pick up trash.

Hold a teddy bear drive and donate the bears to police or fire departments to give to traumatized children.

Get the police involved! Ask them to hand out "Kindness Citations" as they witness kind acts. (Seattle's Chief of Police spent the day on bicycle patrol giving out kindness citations.) Police can also give out "Good Driving" tickets.

Pay a stranger's library fine.

Invite local faith organizations and/or schools to perform together as a "harmony choir".

Create kindness stickers ("Kindness Now!") for windows of official city vehicles, buses, factory worker safety helmets, or residential windows.

Send home-baked treats to a faith group/church different from your own.

Draw “Kindness Buddy” names during a service, at work or in school. Participants then secretly do something kind for that person during the week.

Bake some cookies and take them to a neighbor who needs a lift.

Clean up the yard of a neighbor who feeling down, is ill or has had a family emergency.

Walk to a nearby park and pick up trash, then have a picnic there.

Go to the pool for a swim, and pay the entrance fee for another family.

Bake a treat and take it to a police or firefighter station.

Plant flowers or a tree at a school or park on a Saturday morning.

Have each member of your family choose someone outside the family who has made a positive difference in his or her life. Write short thank-you notes, and mail the letters together.

Discuss the best things about the area where you live, the best places to shop and have fun, etc. Take notes and then type up the ideas to give to new neighbors who move in (and older neighbors who might have forgotten).

Volunteer (with your children, if you have any) to help at a local soup kitchen.

Anonymously leave a bouquet of flowers on a neighbor’s front step.

Find a local family who is facing “hard times” and begin collecting items for them. If you buy a package of six socks, put one pair aside for them. When you shop for food, buy a couple extra nonperishable items each time you do so. When you have collected enough for every member of the family to have two gifts (in addition to the food), gift-wrap it all, choose a time when you know they are home, leave the package on their doorstep, and have one person ring the doorbell - and run.

Clean up litter on a stretch of road in your neighborhood.

Roll a neighbor’s garbage cans back up the driveway at the end of trash pick-up day.

Send cards or letters of appreciation to people you read about in the news who have done good deeds. Send kind thoughts to people you hear about in your community who have suffered a setback.

Provide homework help to younger relatives, neighbors or local schoolchildren.

When driving, stop for a person waiting to cross the street. When walking, wave for a car to turn ahead of you.

Leave enough money in a vending machine for the next person to get a free treat. Be sure to tape a note to the machine so they’ll be aware of their gift.

Call or write to someone you haven't spoken to in a long time, just to say you're thinking about them.

Purchase a copy of a book about kindness, read it, put your initials, city, and state on the inside, and pass it on - along with a note encouraging the next reader(s) to do the same.

Smile and say "hello" to someone you don't know.

When you are waiting for service, trade "ticket numbers" with someone in a hurry.

Help someone struggling with heavy bags.

Offer to baby-sit for free to give a single parent an evening off.

Call someone who has no family nearby and invite him or her to your home for a visit.

Call someone who doesn't drive, and invite him or her out to lunch or a movie.

Compliment a stranger about something they are wearing.

Pay the toll for the person behind you.

Volunteer to help at a local school or library.

Hold the door of the elevator, subway, or bus for someone rushing to catch it.

Make an anonymous donation to a charity that is actively helping your community.

Visit a hospital and spend a few minutes with someone who has no visitors.

Tape coins to a pay telephone with a note saying that anyone who needs it can use it.

After reading a book you enjoyed, send a note of appreciation to the author.

Leave your change with the cashier for the next person who might need it.

Host a party for the kids in your neighborhood. Make snacks and watch a movie, giving the adults in the neighborhood a night off.

Drive safely and courteously - waving and smiling often to fellow drivers.

Carry inexpensive, pocket-sized rain ponchos in your car and hand them out to pedestrians who are getting drenched in a downpour.

Call an animal shelter and find out what donations they need. Collect treats, food, first aid supplies, toys, cat litter, towels, and soft blankets for the homeless animals.

Set aside a time each day to play with your pet.

Offer to wash your dog or a neighbor's dog.

Make nutritional treats for dogs and cats, and give them to neighbors for their pets. Make extra for animal shelters.

Maintain water bowls in your yard or a local park during cold months for both migrating and local birds. Make birdseed available as well.

Support environmental action groups.

Take shorter showers to conserve water.

Give people a mug for coffee or tea to cut down on the use of disposable cups.

Assemble and deliver a basket of vegetables or fruit and a few flowers for a homebound person.

Nurture small flowering plants in pots until they are in full bloom. Then deliver them to shut-ins or recent surgery patients. A study at Washington State University indicated that the presence of plants can help people tolerate short-term pain.

Deliver “Baskets of Kindness” to shut-ins or recent surgery patients. Include items such as stationery, stamps, a deck of playing cards, a puzzle or game, a magazine, fresh flowers, a book, a mug, cookies or other treat, and a signed card.

Take a Head Start class or a youth organization to a fast food restaurant for conversation and possible future mentoring.

Prepare a special meal or dessert for seniors or nursing home residents.

Create kindness handouts or buttons/stickers for merchants to give to their customers.

Create a “smile file” with cartoons and pictures that make others smile; regularly picking out a cartoon to give to up a friend or stranger in need.

Pay a compliment once every hour.

Create a “good news” bulletin board to fill with upbeat news about your family, friends and community.

Go out with a group of friends and family and perform acts of kindness.

Organize a special class to teach neighbors and friends basic sign language skills, such as the alphabet and common phrases.

Invite community organizations to participate with you in reading to, helping with, and singing to physically challenged children.

Put up “Kindness Zone” signs and banners at the entrance to your house, place of work, etc., to remind people to practice kindness.

Send money to a utility company to pay a bill for a family member or friend.

Forgive a debt.

Become a tutor. Help someone write a letter or learn something new.

Put notes of encouragement in library books or under windshield wipers for others to find.

Visit an inmate(s) in your local correctional institution or jail.

At the end of any party or group gathering, do a “validation chain,” where one person begins by sharing a respectful, appreciative remark about another person. This is continued until everyone has been included.

“Adopt” a family, child, or senior citizen and spend time with them, especially during the winter holidays.

Give a donation to a charity as a gift for someone who already has everything.

Collect coats, hats, gloves, socks, scarves, boots or other warm items for the various homeless shelters to be distributed before the cold sets in.

Help decorate a senior center or an elementary school for the winter holidays.

Provide transportation for elderly neighbors to help with their grocery shopping.

Volunteer to help serve meals at a shelter, soup kitchen, community center, or faith organization.

Help an overworked coworker or fellow student with some tasks.

Write a letter commending an employee who helped you, and address it to his or her boss.

Share positive news and quotes with others.

Ride an elevator for awhile and tell others who enter a good, clean joke. Then wish them a great day as they depart.

Visit cancer-ward patients to hear their kindness stories and/or share your own.

Host a kindness storytelling party at a local retirement home, during which residents share stories of kindness from their lives. In addition to stories from the past, consider asking for tales about recent acts of kindness demonstrated by the staff or kind acts shown among the residents.

Create a kindness box at work or school where students/staff members can deposit anonymous notes to others saying what they appreciate about them. The notes can be distributed regularly or held for a special event.

Donate books related to kindness to your local library.

Read kindness-related stories to children at your local library.



Deliver books to people who are homebound.

Volunteer to read to someone who is blind.

Collect donations and help for disaster or accident victims, or for families who have recently suffered some sort of loss or setback.

Give out ideas for acts of kindness to your customers, classmates, coworkers &/or friends.

Give up a lunch hour to give lollipops, balloons, and kindness stickers to children in the waiting rooms of a medical clinic.

Gather personal care items, disposable diapers, new underwear, and socks for safe houses.

Interview residents in a retirement home and learn about similarities and differences in how you both grew up. Ask them what influenced them in history. Write up the interview, take their photo, and give them and the facility a copy of your story.

Leave a kind note on the water cooler or counter at school or work with suggestions like, "Take a deep breath and move peacefully through your day."

Post copies of inspirational poems or thoughts for all to enjoy at school or work.

Put an anonymous, supportive note on an employee's or fellow student's desk.

Give employees (if you are a manager) or students (if you are a teacher) the option to take a day to go volunteer at a charity of their choice. Help them research a charity that most interests them.

Distribute a CD of relaxing or healing music to a coworker, fellow student, friend or stranger.

Create a "Peace Zone" at home or work for centering, meditation, or music-for-reflection. Invite others to use it regularly.

Create "Kindness — Pass It On" cards to pass from one person to another. The card might have a simple graphic with the words: "This act of kindness was performed especially for you. Please offer an act of kindness to someone else, and pass this card on to them."

Arrange for a single parent's children to visit him/her for lunch at work.

Fill an employee's desk drawer with snack food.

Donate a few hours of volunteer work in the name of an employee.

Send birthday gifts to women living in a shelter who have AIDS.

Donate books to elementary school students, with each book containing a note for the child receiving it to give it to another child once they are finished.

Buy some flowers and put a flower in the plastic newspaper bags in your neighborhood one morning.

Go to a local nursing home and offer to paint the nails of the ladies there. Or read them some poems - or offer to write letters for them.

Decorate a bus, tram, or subway car in the style of your choice. You may do some undercover theater, hang streamers on the back of a tram so they go flying in the wind, or anything else that catches your fancy. You can even enter a subway with packets of balloons and ask the people in a subway car to help blow them up and hang them using sticky tape.

Bake as many potatoes as your oven can hold and bring them, along with some butter, sour cream, and chives for toppings - and give them to the poor in your region's poorest neighborhood.

Clean the bathrooms and windows of a local businesses.

Meet the janitors of a local school as they arrive for their shift and clean the entire school with them.

Bring a squeegee and some water, go to a large retail store and clean the windows on the cars in the parking lot.

Obtain blankets and sleeping bags (at garage sales and auctions if you're strapped for cash), wash them and deliver them to a local homeless mission.

Carry a variety of nonperishable food items (such as granola bars or cereal packets) with you and distribute them to people panhandling on the streets.

Collect new or almost new stuffed animals, warp them and then send them to children at local homeless shelters.

Offer free car-washes. When a person gets their car washed, give them a "DO GOOD" card that requests for them to go to two good deeds for other people.