Host a fun Super Bowl get together with friends.

Create a music playlist that inspires you and put it on your phone to listen to regularly.

Bring a pot of tea over to an elderly neighbor’s home to enjoy over a long chat.

Practice a moment of self-reflection today.

Spend an afternoon at a cultural museum.

Plan to send an anonymous bouquet of flowers or candy to your local nursing home.

Think of ways you could be more inclusive at work and in your community.

Buy flowers or a new plant for your office space and an extra one for a co-worker.

Collect baby clothes and supplies and donate to new parents who need them.

Give out sincere compliments today.

Visit www.randomactsofkindness.org for more kindness ideas.