MAKE KINDNESS THE NORM.

- Share a snack.
- Pick up litter.
- Give others the benefit of the doubt.
- Drink a glass of water.
- Donate blood.
- Acknowledge someone who deserves praise.
- Compliment with reckless abandon.
- Use a reusable water bottle.
- Share your favorite song with someone.
- Support locally owned businesses.
- Open doors for others.
- Smile.
- Text someone a positive message.
- Place encouraging sticky notes in public areas.
- Go for a long walk.
- Leave an extra big tip.
- Encourage a friend.
- Give an unexpected gift.
- Celebrate someone else’s accomplishment.
- Love who you are.
- Laugh until your belly hurts.
- Put away your phone and listen with your heart.

Random Acts of Kindness Foundation
RANDOMACTSOFKINDNESS.ORG