



# THROW KINDNESS AROUND LIKE CONFETTI

## 31 KINDNESS IDEAS

1. Give someone a compliment
2. Pick-up litter on a walk
3. Read to a loved one
4. Share your old books with others (Donate to Little Libraries around town!)
5. Decorate brown paper bags for Kids Food Basket
6. Collect pop cans for your local literacy organization
7. Volunteer in your community
8. Read a book by a local author and leave them a review
9. Pick a day to celebrate with a friend like it's their birthday
10. Gather up loose change and leave it in tip jars
11. Decorate your neighborhood sidewalks with positive messages
12. Send a care package to a soldier
13. Help someone before they ask
14. Make cookies for a neighbor
15. Donate old blankets and towels to your local animal shelter
16. Plant something
17. Donate a stuffed animal to a foster child
18. Leave a note or treat for your mail carrier
19. Send a card full of confetti to a loved one
20. Help clean up a mess
21. Walk to a neighbor's house and wave
22. Make a birdfeeder
23. Tell someone how much you love them
24. Go on a walk and smile/say hi to everyone you see
25. Pick wildflowers outside and give them to someone you love
26. Make a home video message and send it to someone you love
27. Paint rocks with positive messages and leave them at the park
28. Notice an employee doing a great job and tell their manager
29. Make a teacher thank you gift
30. Go to a nursing home and sing songs outside the window
31. Drink more water - don't forget to be kind to yourself too :)

