

# 30 Acts of Kindness

## IN THIRTY DAYS



Over the next 30 days, let's share love and kindness throughout our communities!

The challenge is to complete at least one act of kindness each day. Below you'll find ideas -- some that might cost you a few dollars, and others that will just take a few minutes of your time.

Use these ideas or come up with your own, and invite others to join you! You may wish to keep a journal to record and reflect on the kindness you see each day and where God is present in the midst of it. Be sure to share your stories of kindness with family, friends, and the congregation!

- Bring in your neighbors' trash/recycle cans.
- Pick-up trash or host a clean-up event in your local park or neighborhood.
- Give a thank you treat to your mail carriers or delivery drivers.
- Chalk a sidewalk with positive messages.
- Carry some \$5 coffee shop gift cards to hand out.
- Take a prayer walk in your neighborhood and pray for each house.
- Give a gift card to a drive-thru restaurant or store clerk employee, or just tell them they are awesome.
- Surprise a neighbor with freshly baked treats.
- Bring a bottle of water to someone working outside.
- List 30 people and pray for one each day.
- Host a social-distanced outdoor neighborhood gathering.
- Leave a kind server the biggest tip you can afford.
- Make a bird feeder.
- Let someone go in front of you in line.
- Make dinner for a friend/neighbor.
- Email or write a teacher/someone who has made a difference in your life.
- Compliment the first 3 people you talk to today.
- Post something positive and encouraging on social media.
- Write a LinkedIn recommendation.
- Send a thank you card to your local police or fire station.
- Donate blood.
- Tell someone under 30 the strengths you see in them.
- Leave a positive review online for a favorite restaurant or small business.
- Send encouraging text messages to 5 people.
- Leave sticky notes on mirrors & other places with words of encouragement.
- Donate food to a local food bank.
- Donate towels and blankets to an animal shelter.
- Buy coffee, tea or food for the person behind you in line or at a drive-thru.
- Call a loved one or someone you haven't connected with for a while.
- Pray for local government leaders; bless them with encouraging notes.

