

# 40 DAYS OF KINDNESS



1 DONATE TOYS TO YOUR FAVORITE CHARITY	2 TELL SILLY JOKES TO MAKE SOMEONE LAUGH	3 MAKE A HOME-MADE GIFT	4 DONATE FOOD TO YOUR LOCAL FOOD PANTRY	5 MAKE A CARD FOR A SOLDIER	6 PICK UP LITTER
7 MAKE A THANK YOU SIGN FOR DELIVERY DRIVERS	8 DONATE SOCKS TO A HOMELESS SHELTER	9 CALL A FRIEND OR RELATIVE TO SAY HELLO	10 TAKE SUPPLIES TO AN ANIMAL SHELTER	11 DO A CHORE FOR SOMEONE IN YOUR FAMILY	12 LEAVE A KINDNESS ROCK IN YOUR NEIGHBORHOOD
14 PAY FOR A STRANGERS COFFEE	15 TEACH SOMEONE SOMETHING NEW	16 LEAVE A HAPPY NOTE FOR SOMEONE TO FIND	17 GIVE A TREAT TO A COMMUNITY HELPER	18 LEAVE A TREAT FOR YOUR MAIL CARRIER	19 SMILE AT EVERYONE YOU SEE TODAY
20 BRING COOKIES TO A NEIGHBOR	21 DO A SECRET ACT OF KINDNESS FOR SOMEONE	22 GIVE A COMPLIMENT TO A FRIEND	23 DO SOMETHING HELPFUL FOR A FRIEND OR FAMILY MEMBER	24 TURN OFF DEVICES AND REALLY LISTEN TO SOMEBODY	25 SERVE AT A HOMELESS SHELTER
26 LET SOMEONE IN FRONT OF YOU IN LINE	27 HOLD OPEN DOORS FOR PEOPLE	28 GIVE DRINKS TO PEOPLE ON A HOT DAY	29 LEAVE YOUR WAITER A GENEROUS TIP	30 SEND COLORING BOOKS TO KIDS IN HOSPITAL	31 SPEND TIME WITH PARENTS OR GRANDPARENTS
32 HOLD THE DOOR OPEN FOR SOMEONE	33 OFFER TO BABYSIT	34 BUY FLOWERS FOR A FRIEND OR FAMILY MEMBER	35 MAKE A MEAL FOR A FRIEND AND BRING TO THEM	36 TAKE DONUTS TO POLICE OR FIRE STATION	37 DONATE DIAPERS TO A WOMEN'S SHELTER
38 BE GENEROUS WITH HUGS AND COMPLIMENTS	39 SEND AN ANONYMOUS GIFT TO SOMEONE	40 BE PATIENT AND KIND EVERYWHERE YOU ARE			

*How beautiful a day can be when kindness touches it. - George Elliston*

*Unexpected kindness is the most powerful, least costly, and most underrated agent of human change. - Bob Kerrey*