



Hold ^{the}
Door ^{for}
Someone

Look 

Someone ^{in the}
Eye ^{and} Thank
Them



Buy ^a
Stranger ^a
Coffee ^{or}
Cold Drink



Surprise
Someone
^{with} Flowers



Shovel ^{or}
Sweep ^a
Neighbor's
Walkway

Volunteer ^{to}
Walk Dogs ^{at}
^{an} Animal
Shelter 

Donate New
Socks to a
Homeless
Shelter



Send Cards
to Deployed
Troops




Read at a
School



Donate
Feminine
Hygiene
Products to a
Shelter



Thank a
Custodial
Worker



Talk with
Someone
Who Is
Lonely



Donate
Toothbrushes
to a Homeless
Shelter



Be a 
courteous
driver

 Thank a
Family
Member

Donate
Helium
Balloons to a
Nursing
Home 


Clean Up
After 
Someone
Else

Hand a Coffee or
Food Gift Card to
Someone
Having a Bad
 Day



Call an
Older
Friend or
Relative


Donate
Plastic 
Shopping
Bags to a Thrift
Store

Drop Thank
You Notes Off
at Your Local
Fire or Police
 Station



Pick Up
Liter at
Your Local
Park

Support Your
Local USO or
Veterans
 Organization

Leave a
Generous
Tip with a
 Note

Purchase from a
Local Farmer
or Small
Business



Donate
Cleaning
Supplies to a
Food Pantry



Food Gift
Card to
Someone
Who Could
Use It

Talk with
That
Coworker



Thank a
Teacher or
Adult Who
Had a Positive
Impact

Help
Someone



