

HEART



52 ACTS OF KINDNESS

to share love, light and positivity in 2021





I've been searching for
ways to heal myself, and
I've found that kindness is
the best way.

- LADY GAGA

1. Pay it backward. Buy a coffee for the person behind you in line.
2. Donate old towels and blankets to an animal shelter.
3. Play peekaboo with a small child.
- 4 Surprise a neighbor with freshly baked cookies or treats.
5. Greet the person next to you on the elevator.
6. Leave a positive review or tell a manager about someone who gave you excellent service.
7. Write a sweet message on a mirror with a dry erase marker, for yourself or a loved one.
8. Smile at 5 strangers.
9. Write a letter to a friend or loved one, and tell them how much they mean to you. Mail it!
10. Give away free stuff on Craigslist or Facebook marketplace.
11. Return shopping carts for people at the grocery store.
12. Leave the quarter/loonie in the cart for the next person at the grocery store.
13. Write a positive comment on a friend's social media account.
14. Compliment a stranger, and mean it.
15. While you're out, compliment a parent on how well behaved their child is.
16. Leave a friendly server the biggest tip you can afford.
17. Pay the toll for the person behind you.
18. Purchase extra dog food/ cat food, and donate it to an animal shelter.
19. Take flowers or treats to the nurse's station at your nearest hospital.
20. Run an errand for a family member who is busy.





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

- BOB KERRY

21. Leave a box of goodies in your mailbox for the mail carrier.
22. Tape coins around a playground for kids to find.
23. Put your phone away while you are in the company of others, and give them your full attention.
24. Email or write to a former teacher who made a difference in your life.
25. Place a body-positive note in the jeans pocket at a department store.
26. Do a 5k for a good cause.
27. Let someone cut in front of you in traffic and smile at them.
28. Make a family member breakfast in bed.
29. Pick up litter.
30. Make dinner for a family in need, or send them a care package of groceries.
31. Plant a tree.
32. Make someone a homemade blanket or scarf.
33. Use BOGO coupons at the grocery store, and then gift the free food items to someone less fortunate.
34. Snap a photo for a couple.
35. Donate your old clothes to the Salvation Army.
36. Volunteer at a soup kitchen, homeless shelter, or animal rescue.
37. Help buy a disadvantaged child school supplies.
38. Carry around loose change and leave it in tip jars.
39. Be tolerant of someone whose opinions are different from your own.





Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love.

- LAO TZU

40. Forgive quickly and don't bring it up again.
41. Donate blood.
42. Bring donuts to work for your colleagues.
43. Add a plant to a terracotta pot. Write down all the things you love about someone on the pot, and then gift it to them.
44. Leave a sweet note in your child or spouse's packed lunch.
45. If you've got something positive to say about someone, say it!
46. When you are making a dish, double it for a friend who you know is super busy.
47. Hold the door for someone.
48. Say "yes" at the store when the cashier asks if you'd like to donate a dollar to a cause.
49. Paint rocks with uplifting pictures and messages, and leave them on paths that people frequent.
50. Give a freshly washed blanket to a homeless person.
51. Call a friend to say hello.
52. Bring someone a souvenir that reminded you of them.

