



Suggested Centennial Acts of Kindness

Community Service

Send care package to a service member
Learn CPR
Provide PPE's to Nursing Homes
Provide sanitizers to Nursing homes, clinic's,
Libraries, schools & churches
Read a book to someone
Pass on a favorite book to someone
Donate books to a 'little Library'
Donate toys for tots
Collect money or items for charities
Pay someone's meal forward
Donate Coloring books & crayons to hospitals
Collect books for the library
Deliver Water bottles to the homeless shelter
Dry the slides at the park with towels after it rains
Ask for a donation to a charity instead of birthday gift
Put coins in expired parking meter
Pay forward groceries
Collect waste plastic for Benches
Wash local Businesses windows
Sing Christmas Carols in the neighborhood
Help guide children Trick or Treating
Rings bells for the Salvation Army
Donate spare change to Salvation Army
Donate blood
Donate to St Vincent or Goodwill

Hunger

Donate to a food pantry
Volunteer at a Food Pantry
Donate a dish to a community meal
Set-up, Serve or Clean-up at a community meal

Deliver groceries to homebound
Give spare change to food pantry
Volunteer at a soup kitchen or homeless shelter
Hold a neighborhood food drive
Make a meal for a friend or neighbor

Elderly

Hold a door open for someone
Return someone's cart at a store
Call & ask someone about themselves
Bake a desert for a neighbor
Sing songs at a nursing home
Bring neighbor's garbage can up from the curb
Decorate tissue boxes & hand sanitizers for nursing homes
Write and give poems to shut-ins
Give flowers or plants to shut-in
Sit & visit with shut-ins
Visit an elderly neighbor
Send cards to nursing home or assisted living residents
Do crafts with residents at an assisted living facility

Environmental

Feed the birds
Put bin in car to collect recycling
Pick up liter
Plant something (flowers, trees, grass)
Weed or rake for a neighbor
Turn off water while brushing teeth
Re-use paper, use both sides & full page
Donate old cell phones & electronics for charity
Mow lawn & sweep sidewalk

Environmental

Plant flowers to attract desirable birds & butterflies
Start a tree planting plan in community parks
Plant trees to attract and support wildlife & birds
Dress up your mailbox with flowers
Challenge neighbors to plant flowers along the curb
Provide Bat Houses on your property
Provide Blue Bird houses, Wood-duck houses and wren houses
Lay out a plan for monitoring the above bird & Bat houses & recording the utilization
Sponsor a weather station in your neighborhood
Shovel a sidewalk or driveway for a neighbor
Roadside clean-up

Vision

Recycle your used eyeglasses

Diabetes

Pass out diabetes information

Childhood Cancer

Donate toys to the pediatric cancer unit
Provide a meal for an affected family
Donate platelets

Youth

Take a youth fishing
Tutor a youth
Read books to children
Volunteer as a helper at school
Volunteer at a library

Other

Give someone a smile/smile more
Pay someone a compliment
Thank someone who you appreciate
Be a good listener
Offer your help to someone
Ask someone how their day is going
Treat someone to a coffee or tea
Let someone go ahead of you in a checkout line
Send flowers or chocolates to a friend out of the blue
Thank a teacher with a card or gift

Take part in a fundraiser
Offer someone a ride
Take time to listen attentively
Take a treat for co-workers
Introduce yourself to someone you see often
Send someone a birthday wish
Be a mentor
Offer assistance to someone
Put your phone away when talking to others
Leave unused coupons for others
Donate a blanket or coat to a shelter
Return shopping carts to proper place
Be courteous to pedestrians/bikers
Drive courteously
Offer encouragement to someone
Say hello to a stranger
Tip generously
Thank a veteran for their service
Thank/Compliment a co-worker
Put a \$1 in the next tip jar you see
Exercise Patience
Donate to a charitable cause
Call someone you haven't seen in a while

Be Kind to Yourself!

