

# **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

# <u>Elderly</u>

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

# <u>Environmental</u>

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!**

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Please check a box for each act of kindness. Multiples encouraged.

COMMUNITY					
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 or meal at fast food location					
Collect waste plastic for Benches					
Wash local Businesses windows					
Sing Christmas Carols in the neighborhood					
Help guide children Trick or Treating					
Ring bells for the Salvation Army					
Run errands for someone					
Donate spare change to Salvation Army					
Donate to St Vincent or Goodwill					
Donate blood					
HUNGER					
Give spare change to food pantry					
volunteer at a soup kitchen or food pantry					
Donate to a Food Pantry					
Donate a dish to a community meal Set-up, Serve or Clean-up at a community meal					
Deliver groceries to homebound					
Hold a neighborhood food drive					
Make a meal for a friend or neighbor					
ELDERLY					
Hold a door open					
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-ins					
Sit & visit with shut-ins					
Visit elderly neighbor					
Send Cards to nursing home or assisted living residents  Do crafts with residents at an assisted living facility					
Do craits with residents at an assisted living facility					
ENVIRONMENTAL					
Feed the birds					
Put bin in car to collect recycling					
Pick up litter					
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					
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 mail box 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 plan for monitoring above bird and bat houses & recording the use						
Sponsor a weather station in your neighborhood						
Road side clean-up						
Shovel a sidewalk or driveway for a neighbor						
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VISION						
Recycle your used eyeglasses reacted of the control						
riace conection boxés for eyegiasses a nearing alus at your place or worship a rayonte						
Assist a blind person crossing an intersection or in public gathering						
Provide vision screening to in-home day cares						
DIABETES						
Pass out Diabetes information at Lions functions						
Organize Diabetes screening						
Give out "diabetes' water bottles						
CHILDHOOD CANCER						
Donate toys to the pediatric cancer unit			1			
Donate a meal for an affected family						
Donate platelets			1			
<b>УОИТН</b>			1			
Take a youth fishing, hiking, bowling etc.						
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 to show appreciation for small things						
Be a good listener/Take time to listen attentively						
Offer your help to someone						
Ask someone how their day in 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 for no reason						
Thank a teacher with a card or gift						
Take part in a fundraiser						
Offer someone a ride						
Take a treat for co-workers						
Introduce yourself to someone you often see, but may not know						
Send someone a birthday wish						
Be a mentor						
Put your phone away when talking to others or at a social gathering						
Leave unused coupons for others						
Donate a blanket or coat to a shelter						
Return shopping carts left unattended to the proper place						
Be courteous to pedestrians / bicyclists						
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!!						
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