



# Kindness

## Random Act of Kindness Day

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*Smile at someone Walk a dog Forgive Mistakes  
Listen to your heart Let another go first  
Pick up litter Open a door Help carry a load  
Leave a thank you note Give a compliment  
Share your pen Celebrate something good  
Do a favor Bake cookies to share Lend a hand  
Donate gently used items Encourage a friend  
Plant a tree Open a door Offer your seat  
Cheer up a friend Use a reusable water Bottle  
Make a new friend Say 'Hello' Be tolerant  
Return a shopping cart for someone  
Give a compliment Thank a teacher Read to a child  
Share a snack Offer your seat Visit a sick friend*

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Sussex Area Community Foundation [www.sacfi.org](http://www.sacfi.org)



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