

100 Random Acts Of Kindness To Do

Here are 100 simple small random acts of kindness that you can incorporate into your daily life:

1. Hold the door open for someone.
2. Smile at a stranger.
3. Compliment a colleague on their work.
4. Write a thank-you note to someone who helped you.
5. Let someone go ahead of you in line.
6. Pay for the coffee of the person behind you.
7. Leave a positive note on a co-worker's desk.
8. Donate old clothes to a charity.
9. Help someone carry their groceries.
10. Leave a generous tip.
11. Send a friend an encouraging text.
12. Bake cookies for your neighbors.
13. Pick up litter in your community.
14. Volunteer at a local shelter.
15. Donate blood.
16. Leave quarters at a laundromat.
17. Share your umbrella on a rainy day.
18. Offer to help a friend move.
19. Give up your seat on public transportation.
20. Bring snacks to share at work.
21. Leave a book you enjoyed for someone else to find.
22. Give a compliment to a stranger.
23. Write a positive review for a local business.
24. Visit a nursing home and chat with residents.
25. Walk a neighbor's dog.
26. Send a postcard to a friend from a place you visit.
27. Donate to a food bank.
28. Leave a kind note on someone's windshield.
29. Offer to babysit for free.

30. Bring flowers to a friend or family member.
31. Help someone with their luggage.
32. Let someone merge in traffic.
33. Clean up after yourself in public places.
34. Share your knowledge by tutoring someone.
35. Pay for a stranger's meal at a restaurant.
36. Send an anonymous gift to someone.
37. Plant a tree.
38. Give a hug to someone who looks like they need it.
39. Help a friend with a task they are dreading.
40. Make a meal for someone in need.
41. Compliment someone's outfit.
42. Donate your used books to a library.
43. Offer to take a photo for tourists.
44. Leave a kind message in a library book.
45. Return someone's shopping cart.
46. Support a local artist by buying their work.
47. Pay someone's parking meter.
48. Surprise someone with their favorite treat.
49. Take the time to listen to someone's story.
50. Offer to run an errand for someone.
51. Send a handwritten letter to a friend.
52. Leave a positive note on a bathroom mirror.
53. Plant flowers in your community.
54. Donate pet supplies to an animal shelter.
55. Help someone with directions.
56. Compliment a parent on their well-behaved child.
57. Share your expertise with a new colleague.
58. Give someone a book you think they'd like.
59. Leave a positive comment on a blog or social media post.
60. Offer to take care of a friend's pet while they're away.
61. Bring coffee to a coworker.
62. Help someone struggling with heavy bags.
63. Let someone cut in line at the grocery store.
64. Donate blankets to a homeless shelter.
65. Offer to help an elderly neighbor with chores.
66. Send flowers to someone for no reason.

67. Share a smile and hello with passersby.
68. Volunteer to read to children at a library.
69. Offer a ride to someone without transportation.
70. Pay for a student's lunch.
71. Leave a book in a public place for someone to find.
72. Write a thank-you note to a teacher.
73. Help someone find a job opportunity.
74. Offer your seat in a waiting room.
75. Donate to a cause you care about.
76. Leave change in a vending machine.
77. Compliment someone's work in an email.
78. Help clean up after an event.
79. Share your meal with someone in need.
80. Offer to water a neighbor's plants.
81. Leave a positive review for a restaurant.
82. Pay it forward at a toll booth.
83. Give away extra produce from your garden.
84. Write a letter to a soldier.
85. Send an encouraging message to a friend.
86. Help someone fix a flat tire.
87. Leave an inspirational quote for someone to find.
88. Donate to a crowdfunding campaign.
89. Offer to help someone learn a new skill.
90. Bring in your neighbor's trash cans.
91. Leave a puzzle or game for someone to enjoy.
92. Help a family member with a project.
93. Share your favorite recipe with a friend.
94. Compliment a server's service.
95. Leave a surprise gift for your mail carrier.
96. Offer to help a friend with a DIY project.
97. Make a playlist for someone.
98. Share your favorite podcast with a friend.
99. Help someone with a computer problem.
100. Send a thank-you card to a healthcare worker.