

## Love Week Acts of Kindness Ideas

1. Bring doughnuts (or a healthy treat) to share at work.
2. Pay for the person in line behind you at Starbucks or another restaurant.
3. When everyone around you is gossiping, jump in and change the subject.
4. Cook a meal or do a load of laundry for a friend in need.
5. Compliment someone to their boss.
6. Leave a server the biggest tip you can afford.
7. Give a restaurant or gas gift card to someone.
8. Let the person that has one or two items behind you at the supermarket checkout to go ahead of you.
9. If you're planning on running an errand, ask the people around you if you can pick them up anything for them.
10. Stop to talk to a homeless person.
11. Pay the toll for the car behind you.
12. Donate your old laptop and electronics to someone who could use them.
13. Play board games with senior citizens at a nursing home.
14. Babysit for free.
15. Leave some extra quarters in the laundry room or parking meter.
16. Say thank you to a public servant.
17. Send dessert to another table.
18. Call someone just to ask how they are doing.
19. Help your elderly neighbor take out the trash, or mow their lawn.
20. Give up your seat to someone on the bus.
21. Tell your family members how much you appreciate them.
22. Wash someone's car.
23. Make two lunches and give one away.
24. Help someone struggling with heavy bags.
25. Do the dishes, even if it's not your turn.

**Be creative! Use these ideas as a springboard for ways that you can impact those around you!**