

Ways to Help... Acts of Kindness!

February 2024

Acts of Kindness can range from small gestures to larger efforts, **all aimed at making someone's day better or contributing positively to the world around us.** Here's a list of 100 Acts of Kindness you can consider:

1. Hold the door open for someone.
2. Compliment a stranger.
3. Volunteer at a local shelter or food bank.
4. Donate gently used clothing or household items to those in need.
5. Send a handwritten note of appreciation to someone.
6. Offer to help an elderly neighbour with chores or errands.
7. Pay for the coffee or meal of the person behind you in line.
8. Plant a tree or flowers in a public space.
9. Babysit for a friend or family member for free.
10. Listen attentively to someone who needs to talk.
11. Offer to walk a neighbour's dog.
12. Leave positive sticky notes in public places.
13. Donate blood.
14. Cook a meal for someone who is sick or going through a tough time.
15. Offer to tutor someone in a subject you're good at.
16. Leave a generous tip for a waiter or waitress.
17. Share homemade baked goods with neighbours.
18. Offer to drive a friend to appointments or errands.
19. Offer to mow a neighbour's lawn or shovel their driveway.
20. Participate in a charity run or walk.
21. Send care packages to soldiers (and aid workers) overseas.
22. Give up your seat on public transportation.
23. Send flowers to someone who could use a pick-me-up.
24. Offer to do a grocery run for someone who is unable to leave their home.
25. Donate books to a local library or school.
26. Help someone carry their groceries to their car.
27. Offer to teach someone a new skill.
28. Donate to a charity or cause you believe in.
29. Write positive reviews for small businesses you enjoy.
30. Offer to help someone move.
31. Volunteer to read to children at a library or school.
32. Organize a fundraiser for a worthy cause.
33. Donate old blankets or towels to an animal shelter.
34. Send thank-you notes to essential workers.
35. Offer to fix something for a neighbour or friend.

We gratefully acknowledge the traditional custodians of Showe'luqun, the Hul'q'umi'num speaking peoples, who hunted and gathered in this area, respecting their caring connections to each other and the places where we live, work and play.

36. Share inspirational quotes or articles on social media.
37. Offer to watch a friend's pet while they're on vacation.
38. Leave quarters at a laundromat for the next person.
39. Offer to be a designated driver for a friend's night out.
40. Write a letter to a teacher who made a difference in your life.
41. Participate in a beach or park clean-up.
42. Share your umbrella with someone caught in the rain.
43. Offer to help someone with their resume or job search.
44. Leave a positive comment on someone's social media post.
45. Bring snacks or treats to share with coworkers.
46. Donate art supplies to a local school.
47. Offer to help a friend or neighbour with home repairs.
48. Share your favorite recipes with friends or family.
49. Volunteer to mentor a young person.
50. Offer to water your neighbour's plants while they're away.
51. Offer to be a study buddy for someone struggling in school.
52. Send a care package to a college student.
53. Share uplifting music playlists with friends.
54. Offer to be a workout buddy for someone trying to get in shape.
55. Leave encouraging notes in library books for others to find.
56. Offer to help someone set up a budget or financial plan.
57. Volunteer at a local senior center.
58. Offer to take photos for a friend or family member's special occasion.
59. Share your favorite podcast recommendations with others.
60. Offer to be a listening ear for someone going through a tough time.
61. Leave spare change in a vending machine for the next person.
62. Volunteer to walk dogs at a local animal shelter.
63. Offer to paint a mural in a public space.
64. Share educational resources with parents or teachers.
65. Offer to teach a free class or workshop in your area of expertise.
66. Organize a clothing or food drive in your community.
67. Offer to help a friend or family member declutter their home.
68. Share positive news stories on social media.
69. Offer to carpool with coworkers to reduce emissions.
70. Donate toys to a children's hospital.
71. Offer to pet-sit for a friend or neighbour.
72. Share your favorite inspirational books with friends.
73. Offer to help someone practice a new language.
74. Volunteer at a local soup kitchen.
75. Offer to help a friend or family member plan a party or event.
76. Leave quarters at a vending machine for the next person.
77. Share your favorite meditation or mindfulness practices with others.
78. Offer to help a friend or family member with childcare.
79. Volunteer at a local community garden.

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80. Offer to write a recommendation letter for someone applying to jobs or schools.
81. Share your knowledge and skills by offering free workshops or tutorials.
82. Volunteer at a local animal rescue organization.
83. Offer to help a friend or family member with yard work.
84. Share uplifting stories or quotes with friends and family.
85. Volunteer to read to patients at a hospital or nursing home.
86. Offer to help a friend or family member with their taxes.
87. Share your favorite hiking trails or outdoor spots with others.
88. **Volunteer at a local environmental cleanup event. Shawnigan's is on Saturday, April 20th!**
89. Offer to help a friend or family member with meal planning or cooking.
90. Share your favorite DIY or craft projects with friends.
91. Offer to be a mentor or coach for someone starting a new hobby or business.
92. Volunteer to teach a class or workshop at a local community center.
93. Offer to help a friend or family member with their technology issues.
94. Share your favorite local businesses with friends and family.
95. Volunteer to serve meals at a homeless shelter.
96. Offer to help a friend or family member with their gardening.
97. Share your favorite recipes with friends and family.
98. Volunteer to be a tutor or homework helper for students in need.
99. Offer to help a friend or family member with their home organization.
100. **Share your time, love, and kindness with those around you every day!**

Remember, acts of kindness don't have to be grand gestures; even the smallest acts can make a big difference in someone's day.

This list was created using the following prompt for ChatGPT 3.5 which is available for free use online at www.chat.openai.com - **"Please suggest the top 100 "Acts of Kindness" that we can do!"**