

# Random Acts of Kindness

Buy a cup of coffee for a stranger  
Put a quarter into expired parking meters with parked cars  
At lunch, sit with someone who usually sits alone  
Send takeout to the woman who just had a baby  
Send takeout to an elderly person that lives alone

On a rainy day, take along a second umbrella to give to someone who forgot theirs  
Buy a bunch of \$5 gift cards to hand out randomly to strangers  
Send out some "just thinking of you, how are you doing?" emails  
Ask your neighbor if you can pick something up for them while you are at the store  
Double the tip

Pay the toll for the person behind you  
Shovel or rake your neighbor's yard too  
Call the store manager to compliment a cashier  
Surprise a random hospital patient with flowers  
Send games and magazine subscriptions to a local nursing home

Reach out to someone and ask to visit...and bring lunch  
Send bagels to your local fire department or police station  
Let everyone have the right of way and cut into your lane, and smile at them  
Send cookies to the staff at your local volunteer anything department (EMT, shelter, etc)  
Call your elderly neighbors after bad weather and serious storms to make sure all is well

Buy a Highlights subscription for the children of a single mom  
Offer to come clean the house of an elderly or ill neighbor  
Offer to babysit for a couple with no free time or help  
Sell things on ebay and donate the money  
Put your phone away and give people your full attention