



30 Days of Kindness Challenge

A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

Saint Basil

- #1** Help a family member/friend/spouse with a chore or some other task that makes their day easier.
- #2** Write a nice, encouraging and anonymous letter and slip it into a book at the library or leave it in a place where someone will read it.
- #3** Bake some treats and share with your friends, co-workers, etc.
- #4** Send a current or former teacher/mentor a note of gratitude.
- #5** Let someone in your life know that you appreciate them.
- #6** Drop a Thank You note in your mailbox for your mail carrier.
- #7** Print (or email) a picture of a special moment you had with someone. On the back of the picture, write why that picture and moment meant so much to you. Give the picture to that person.
- #8** Send a letter to an overseas soldier (<http://www.amillionthanks.org>).
- #9** Pick up trash.
- #10** Donate something to an animal or food shelter.
- #11** Write a happy message (or inspirational quote) in sidewalk chalk.
- #12** Say "Good Morning" to someone.
- #13** MINDFULLY and INTENTIONALLY hold the door for the person behind you.
- #14** Spread GOOD news on social media.
- #15** Refrain from gossip.
- #16** Buy a lottery ticket and give it to a complete stranger.
- #17** Send a friend a small gift anonymously.
- #18** Donate blood.
- #19** Offer your seat to someone on a crowded train or bus.

- #20** Treat a friend with a specific reason to do so, even if it is just making them/baking them a special treat.
- #21** Buy an inspirational book for a friend.
- #22** Drop pennies on the ground for someone to find as good luck.
- #23** “Laughter is the best medicine.” Today, make someone laugh. Tell a joke, share a funny picture, etc.
- #24** Share FIVE things you are grateful for on social media.
- #25** Buy a book from a random Amazon gift list.
- #26** Rekindle an old friendship.
- #27** Celebrate YOU. Thank your body for all it does. Pick a body part you may not always talk about positively (hello midsection!?) and offer gratitude towards it today.
- #28** Help out at your local animal or food shelter.
- #29** Send someone an Ecard.
- #30** Share a music playlist with a friend or burn them a CD.
- #31** When you buy a new item of clothing, donate an old (still in good condition) piece of clothing in its place.
- #32** Don't interrupt when someone is explaining themselves.
- #33** Donate crayons, paper and art supplies to your local Child Life department at your local children's hospital.
- #34** Give a hug to someone who really needs it.
- #35** Let your parents (or the people who raised you) know how much you appreciate them.
- #36** On a rainy day, bring an extra umbrella with you and give it to someone in need.
- #37** Copy your favorite recipe and give it to someone who'd like it.
- #38** Put change in the washer/dryer for the next person.
- #39** Read a book to a child.
- #40** Use your talents to make something for someone. Knit, sew, paint, draw, write, sing, etc.