

DOVIA Mississippi Presents Service Ideas for Persons with Mental Disabilities

- Support Random Acts of Kindness initiatives by donating support and volunteer time to a nonprofit organization.
- Recycle all newspapers, plastics, aluminum, and paper.
- Create art or crafts, and donate them to be auctioned or given away by a nonprofit organization.
- Clean up trash and don't litter. Keep your area looking its best.
- Create a "smile file" with cartoons and pictures that make others smile; pick out a cartoon to cheer up a friend in need.
- Extend a hand to someone in need.
- Pay a compliment once every hour.
- Create a "good news" bulletin board to fill with upbeat news about your family and friends.
- Go out with a group of friends and family and perform acts of kindness.
- Help out with community events by making crafts, planting flowers, etc.
- Put up "Kindness Zone" signs and banners to remind people to practice Random Acts of Kindness.
- Write a kind note to relatives and friends, letting them know why they are special.
- Open the door for another person.
- Arrange with a nursing home to visit a resident who has no family nearby.
- Give the gift of your smile.
- Organize a wheelchair basketball tournament and invite children from the community to participate in borrowed wheelchairs.

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