

DOVIA Mississippi Presents

Ideas for Individual Acts of Kindness

- Help a neighbor weed or plant a garden.
- Select some people in your life who you feel need a special lift and send them a gift: flowers, tickets to a special event, or a gift certificate.
- Write a note to the supervisor of someone who has been particularly helpful, letting him or her know how the employee helped you.
- Stop for a person waiting to cross the street.
- Leave enough money in the vending machine for the next person to get a free treat.
- Call or write to someone you haven't spoken to in a long time, just to say you're thinking about them.
- Purchase a copy of a book about kindness, read it, put your initials, city, and state on the inside, and pass it on.
- Call loved ones just to say "I love you" or to tell them what you appreciate about them.
- Create or donate floral arrangements for a senior center, nursing home, police station, hospital, or the homebound.
- Smile and say "hello" to someone you don't know.
- When you are waiting for service at the deli counter, trade "ticket numbers" with someone in a hurry.
- Put a flower on a neighbor's porch.
- Pick up litter.
- Help someone struggling with heavy bags.
- Offer to baby-sit for free to give a single parent an evening off.
- Call someone who has no family nearby and invite him or her to your home for a visit.
- Call someone who doesn't drive, and invite him or her out to lunch or a movie.
- Surprise someone in your house with breakfast in bed.
- Compliment a stranger about something they are wearing.
- Pay the toll for the person behind you.
- Volunteer to help at a school or library.
- Adopt a stray animal.
- Give a lottery ticket to a stranger.
- Include a note or joke in your child's or spouse's lunchbox.
- Shovel your neighbor's driveway or mow the lawn.
- Write something nice about your waitperson on the back of the bill.
- Give your place in line at the grocery store to another person, such as someone in a hurry or a parent with restless little children.
- Smile and say thank you to the bus driver or toll collector.
- Hold the door of the elevator, subway, or bus for someone rushing to catch it.
- After loading your groceries into the car, return your shopping cart.
- Donate blood.
- Let someone merge into traffic during rush hour.

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- If you play a musical instrument, visit a senior center or hospital and give a brief recital.
- Ask your children to go through their toys and donate some of them to children who are less fortunate.
- Make an anonymous donation to a charity that is actively helping your community.
- When visiting a hospital, spend a few minutes with someone who has no visitors.
- Tape coins to a pay telephone with a note saying that anyone who needs it can use it.
- After reading a book you enjoyed, send a note of appreciation to the author.
- Ask your children to wash an elderly neighbor's car, mow the lawn, or rake leaves without charge.
- Next time you finish your punch card for a free cup of coffee, give it away or ask the cashier to give it to someone who might need it.
- Host a party for the kids in your neighborhood. Make snacks and watch a movie, giving the adults in the neighborhood a night off.
- Drive safely and courteously.
- Carry inexpensive, pocket-sized rain ponchos in your car and hand them out to pedestrians who are getting drenched in a downpour.

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