



# DELICIOUS DOZEN

RANDOM ACTS OF KINDNESS

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

- \* Leave a snack in the mailbox for your mailperson with a note thanking him or her
- \* Put together a dinner package and leave it on your neighbor's porch
- \* Buy a stranger a coffee
- \* Tape money to a vending machine with a note stating, "This snack is on me."
- \* Buy and send dessert to a table at a restaurant
- \* Bring treats to work for your co-workers
- \* Make your spouse/partner/child their favorite meal
- \* Pick up the tab at lunch
- \* Bring food to the food shelf
- \* Bake a special treat for someone
- \* Stop at a child's lemonade stand and purchase a glass – leave a tip!
- \* Leave money in the gumball machine

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# NOTABLE

RANDOM ACTS OF KINDNESS

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- \* You are doing a fabulous job. Keep it up!
- \* You look great today!
- \* Smile! Yes, I'm talking to you.
- \* Dream BIG!
- \* You are amazing!
- \* You are more important than you realize!
- \* Have a super day!
- \* This # does not measure how beautiful you are (put on a scale).
- \* You make a living by what you get. You make a life by what you give.
- \* Be the change you wish to see in the world.
- \* Have a beautiful day!
- \* Keep shining!
- \* This smile 😊 is contagious. Be a carrier!
- \* Your face shows where you were, are, and where you will go. Now that is beautiful!

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# FREE

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- \* Write chalk messages on the sidewalk
- \* Become an organ donor
- \* Compliment everybody you encounter in a day
- \* Write a handwritten note to somebody
- \* Volunteer
- \* Encourage somebody you see working really hard at the gym
- \* Leave random notes of happiness
- \* Leave the closer parking spot for somebody else
- \* Hug somebody like you mean it
- \* Sincerely compliment someone on their character
- \* Treat yourself to a long bath
- \* Donate your used clothing
- \* Help somebody with yard work
- \* Collect canned food for a food shelf
- \* Visit somebody who is sick
- \* Write a letter to a person from your past that impacted your life

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# TEN

## RANDOM ACTS OF KINDNESS

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

1. Buy a stranger a lottery ticket
2. Bring flowers to a nursing home
3. Leave money at the laundromat with a note –  
This load is on me.
4. Let somebody go ahead of you in line
5. Send a faraway friend a \$5 gift card to get coffee
6. Slip money in a book at the bookstore
7. Leave a diaper and wipes on a changing table
8. Leave bubbles at the park
9. Donate your books to the library
10. Pick up litter



# KIDS

## RANDOM ACTS OF KINDNESS

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

- \* Decorate the inside of your mailbox, so your mail carriers smile every time they open it.
- \* Record a video love-note and text it to grandparents.
- \* Leave a note and candy or microwave popcorn on a DVD rental machine.
- \* Help someone load their groceries into their car.
- \* Go outside when the garbage truck comes and wave your little hearts out.
- \* Tape change to a parking meter, or run around looking for any that are about to expire and buy the driver more time!
- \* Dry the slides at the park after it rains.
- \* Take in a neighbor's trashcans—or the whole street of them!
- \* Take your child's teacher a box of tissues or a bottle of hand sanitizer.
- \* Bury treasure at the playground. A piece of Tupperware filled with small toys or goodies is sure to light up a child's eyes sometime in the future.
- \* Sponsor a child. Your monthly contribution covers medical and school fees, healthy food, and more. You can also send and receive letters from your child, which makes the experience much more real for children and adults alike.



# BE'S

RANDOM ACTS OF KINDNESS

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

- \* Be Kind
- \* Be Cheerful
- \* Be Tolerant
- \* Be an Organ Donor
- \* Be a Welcoming Neighbor
- \* Be Generous with Compliments
- \* Be Polite on the Road
- \* Be a Designated Driver
- \* Be Someone's Day Brightener
- \* Be Thankful for Being You
- \* Be the Bearer of Instant Joy!

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