

30

Acts of *kindness* in Thirty Days



Let's spread kindness throughout our communities!



List 30 people and pray for one each day.



Take a walk in your neighborhood and pray for each house.



Write a letter to someone who has made a difference in your life.



Chalk a sidewalk with uplifting messages.



Send an encouraging text message to 5 people.



Compliment 3 people today.



Surprise someone with freshly baked treats.



Send a "Thank You" card to your local fire or police station.



Post a positive and encouraging message on social media.



Help someone with their yard work.



Hold a door open for someone.



Pray for our government leaders.



Donate food to a local food pantry or blessing box.



Invite someone to eat lunch with you.



Tell your mailman thank you.



Help a classmate with their homework.



Donate an old book to a Little Free Library.



Pick up trash in your neighborhood or park.



Thank one of your teachers!



Write a positive message and leave it for someone to find.



Do an extra chore around the house to help out.



Cook dinner for your family.



Call a family member you haven't spoken to in awhile.



Volunteer somewhere in the community.



Feed the birds.



Donate old clothing to a local shelter or agency.



Recycle your paper or water bottles after using.



Bring a treat to a friend.



Thank the cashier at the store.



Return someone's cart at the store.