

- 1 [Take time to thank local postal member](#)
- 2 All day treat people with extra kindness
- 3 Put someone's grocery cart away at the store
- 4 Send a thank you message to someone in the military
- 5 Share a treat with your local fire or police department
- 6 Message three people a genuine compliment
- 7 [Take a walk with family](#)
- 8 Read a book to a child or another family member
- 9 [Share a cookie with a neighbor](#)
- 10 Mow or weed a neighbor's yard
- 11 Open the door for someone and hold it
- 12 Teach someone a new skill
- 13 Call and chat with someone that might be lonely
- 14 Bring a neighbor's garbage can up their driveway
- 15 [Give something away](#)
- 16 Pick up trash at local park or walking trail

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- 17 Wash a car for someone
  - 18 Send a thank you note to your favorite teacher or post it on social media
  - 19 Draw a picture and give it away
  - 20 Donate a book to a "Little Free Library" location (<https://littlefreelibrary.org/>)
  - 21 Take a cold drink or treat to a construction worker
  - 22 Leave a nice note for someone to find
  - 23 Reach out to a friend you haven't talked to in awhile
  - 24 [Learn about the history of a great grandparent/relative and reminisce with your family](#)
  - 25 Write positive messages on the sidewalk
  - 26 Tell a joke to someone who could use a laugh
  - 27 Make and deliver a food pack to someone in need
  - 28 [Give someone chocolate](#)
  - 29 Ask someone to teach you a new skill
  - 30 [Say hi to someone new](#)
  - 31 Go through old clothes/toys and donate to a local shelter

