# 20 Acts of Kindness Ideas

Performing acts of kindness towards and for others makes you feel good about your actions, yourself, while giving you and the recipient hope for the future. If you are depressed or disappointed about something, make it a point to add more acts of kindness into your daily routine. Here are a few ideas to help you get started.

1. Pick up and put up something that someone else dropped. The exercise is good for you and it helps the person who is responsible for “clean-up.”

1. Smile at 10 or more people every day. It boosts your endorphins and makes others feel good.

1. Smile kindly. Spend an extra minute listening and paying attention to someone who need to be reminded that people still genuinely care.

1. Help someone reach something or find something on a shelf. Even the smallest actions taken can make a huge difference in someone’s life.

1. Save $1/day for a month and then surprise someone by giving them the money. Remember a time when you wished you had $30 to get something important.

1. Give blood or plasma. If you can’t give for health reasons, offer to take someone who is able and willing to do so. It may save someone you know and love.

1. Take a copy of your favorite book with you everywhere you go. Give it to someone who is interested in it. Not everyone can afford books.

1. Pay for an item or three of the person standing behind you in line. “Payback” can inspire others to be more generous and thoughtful.

1. Pick up trash on the edge of your neighbors’ lawns when you “go on a walk.” Inspire others to do the same, with your kind and caring example.
2. Double a recipe when you make a meal. Put 1/2 of it in a throw-away container and give to someone that is having a tough day, along with a copy of the recipe.

1. Let someone get in front of you in line, when you see a need. Moms with fussy kids and seniors appreciate this, and so do others in line. Timing is important.

1. When visiting a friend or family member. Do what they are doing, particularly if you see a chance to help them do chores, while you talk. Shared activities build relationships and you both benefit.

1. Make an uplifting, positive comment on a personal or business social media post. When you are positive or upbeat, others are more likely to follow your lead.

1. Hold the door open for someone. Good manners never go out of style. Remind others how they should behave by using acts of kindness such as this one.

1. Give your “quiet” shopping cart to a mom, senior, or someone who may be stressed. You’ll often see gratitude and relief cross the person’s face.

1. Hang up a bird feeder in your yard to bring more nature and peace into your neighborhood. Nature helps to enhance local harmony and reduce stress.
2. When you see someone do a good deed, reward them with an appropriate kindness. “Givers” often put others first. Show your appreciation.
3. Offer to do a weekly or monthly task for an elderly person to help them maintain their independence and sense of worth.

1. Send someone at a nursing home flowers or an item they would enjoy. Clue in the staff to get their help but swear them to secrecy.

1. At a place of your choice, supply a monthly or yearly reward for the top volunteers. This may be a contribution in their name or a personal gift item.