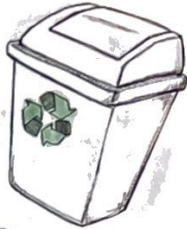


SHARE A SNACK.



PICK UP LITTER.

GIVE OTHERS THE BENEFIT OF THE DOUBT.



DRINK A GLASS OF WATER.



DONATE BLOOD.



THANK A TEACHER.

READ WITH A CHILD.



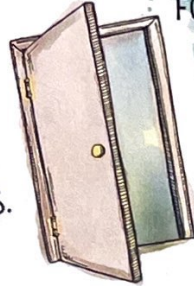
COMPLIMENT WITH RECKLESS ABANDON.



ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE.



SUPPORT LOCALLY OWNED BUSINESSES.

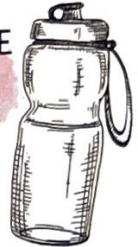


OPEN DOORS FOR OTHERS.

SMILE.



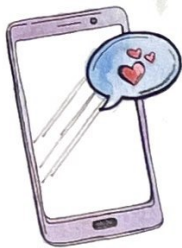
USE A REUSABLE WATER BOTTLE.



MAKE KINDNESS THE NORM.



SHARE YOUR FAVORITE SONG WITH SOMEONE.



TEXT SOMEONE A POSITIVE MESSAGE.



PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS.



GIVE AN UNEXPECTED GIFT.

GO FOR A LONG WALK.



LEAVE AN EXTRA BIG TIP.



ENCOURAGE A FRIEND.



CELEBRATE SOMEONE ELSE'S ACCOMPLISHMENT.



PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART



SEND A THANK YOU NOTE.



RANDOMACTSOFKINDNESS.ORG

LAUGH UNTIL YOUR BELLY HURTS.



LOVE WHO YOU ARE.



RANDOM ACTS OF KINDNESS
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