

# 100 RANDOM ACTS OF KINDNESS



• “Boo” someone • “Elf someone” • donate food voucher cards to CAS - they go to buy fresh fruit and vegetables, milk and meat, that they can't get at the food bank • a meal for a homeless person • a prayer for a friend or family member • adopt a family • arrive on time • ask a friend to do a RAK as a birthday gift to you • ask if you can help • bake a treat for someone • be a designated driver • be a welcoming neighbour • be generous with compliments • be polite on the road • be tolerant • become an organ donor • bring dog/cat food to a shelter • bring donuts to work • bring flowers to a nursing home • bring in your neighbour's trash cans • buy a coffee for the person behind you • buy an extra Christmas gift for a surprise visitor • buy extra back to school supplies and give it to your local school board to dispense • buy one new thing and donate it unused • buy parking passes to give parents of children in the hospital • call a grandparent • collect canned food for a food bank • conserve energy • cook a meal for someone • donate blood • donate diapers, wipes and unopened formula to local CAS • donate greeting cards to Ronald McDonald House • donate prepaid phone cards to a Women's Shelter • donate toiletries to Men's/Women's shelter • donate unused/ partially used craft items to Ronald McDonald House • donate used books to the library • donate used clothing • donate work clothes to a Women's Shelter • donate your hair to make a wig for a Cancer Patient • drop off bus tickets to a shelter • drop off crafts/scrapbook supplies to a Children's Hospital • encouragement for one who has lost a loved one • give an unexpected gift • give carepacks to the homeless • give someone your rapt attention • have a charity day at work • help someone with yard work • hide \$ in the dollar store • hold the door open for someone • home cooked meals for parents of hospitalized children to take to their home • home cooked meals for a sick friend or neighbour • host a cookie exchange • leave a colouring book & crayons in hospital waiting room • leave a generous tip • leave a positive comment on a website or blog • leave change in a vending machine • leave cookies for the mailman • leave quarters at the laundromat • leave your neighbour a treat • let a car merge • let someone in line in front of you • make a bird feeder • make someone laugh • make/donate children's pillowcases to Children's Hospital • make/ donate sleepers or blankets to the Children's Hospital • make/donate toiletry kits to hospitals, shelters, CAS or Ronald McDonald House • mentor a new/young parent who just needs someone to talk to • mentor someone • mind your manners • offer a couple of hours of free babysitting • offer the handyman a drink • organize a potluck • pay someone's parking meter • pet sit for free • pick up litter • put something you no longer need on Kijiji for free • return a rogue shopping cart • run out on trash day with cocoa for the garbage man • say “Good Morning” • say something nice to someone • send a handmade card to someone • send a note of appreciation • send a surprise package to someone • share fresh produce with your neighbours • share your umbrella • smile at others • start a piggy bank for a cause • take someone to the movies • tape coins to a playground for kids to find • thank a nurse • thank your fire department • thank your police • give Tim Horton coffee cup winners to CAS - they're given to youth on their own • use less plastic • visit someone who is sick • volunteer at your local CAS - they need drivers to take kids to appointments, etc. • volunteer your time • wipe down gym equipment after you use it • write a letter to someone who made a difference in your life • write a thank you note • write a note of recommendation for an employee • share this list to encourage others to do RAK's

