

25 RANDOM ACTS OF KINDNESS

Here are some ways you can show kindness to yourself and to those around you.

1. Wave hello to someone you pass
2. Pray for someone in your life
3. Do a chore around the house for someone else
4. Catch up with an old friend
5. Compliment someone
6. Donate winter gear, clothing, or other items to a local shelter (i.e. [CISS](#))
7. Make masks and give them to family or friends
8. Check out a book from the [Plymouth Library](#)
9. Take a moment to listen to someone
10. Leave a positive comment on someone's social media post
11. Send a loved one a list of your favorite things about them
12. Don't complain for a day
13. Donate your time to something you care about
14. Shovel your neighbors sidewalk
15. Go out of your way to say hi to someone
16. Let someone merge over in traffic
17. Prep a [Blessing Bag](#) for your car and give it to someone you see in need
18. Send someone a letter
19. Listen to a song that puts a smile on your face
20. Take a moment to stretch, relax, and pray
21. Put a smile on someone's face
22. Introduce someone to something they have never done
23. Connect your Amazon account to a charity using [Amazon Smile](#)
24. Let someone merge over in traffic
25. Say thank you to a doctor or nurse in your life

PRACTICE
MAKES
PLYMOUTH

