

# ACTS OF KINDNESS IDEAS



Please be environmentally conscious  
and only print the pages of this large  
document that you need. Thank You!



# Kindness

## for your friends & family

- Call and check in with friends or family members
- Offer to paint nails
- Share your favorite recipe
- Offer to babysit
- Thank an influential person in your life
- Cook dinner for someone
- Deliver soup to a sick friend
- Split and share house plants
- Put all phones away for an hour and give your loved ones your full attention.
- Make breakfast in bed for your family
- Teach someone a skill (eg. knitting, change tire, bake a cake, etc.)
- Scoop kitty litter
- Host a pool/sprinkler party
- Treat someone to a movie
- Give out Kindness Makes Cents compliment cards
- Send handmade birthday (or unbirthday) cards to make someones day
- Help someone move or organize an area of their home
- Weed a garden
- Make someone laugh
- Start an impromptu dance party
- Learn a TikTok Dance and post it online to make friends smile!
- Let your partner sleep in
- Share crafts/artistic talents
- Help with laundry
- Host a movie night. Don't forget popcorn!
- Make someone a great playlist
- Tell someone the reasons you like them
- Offer to pickup groceries
- Host a bonfire and make smores.
- Print/frame a picture for a friend or family member and give it to them
- Water house plants or garden
- Host puzzle/board game/book swap night
- Help with farm chores
- Invite a friend for a hike/adventure
- While making dinner, double your recipe (if you can) and send a meal to someone in need.
- Send a friend a helpful or inspiring article that made you think of them.
- Offer to collect recyclable alcohol containers from friends/family/neighbours and donate the deposit funds



# Kindness

## in your community

- Take extra sunscreen bottles to the beach to share
- Share maps and give directions to tourists.
- Leave bubbles on someone's doorstep (or at the park) and encourage them to make some smiles.
- Offer a cold drink to the trash collectors or your mail delivery person
- Donate blood
- Register to be an organ donor
- Walk neighbourhood dogs
- Post positive reviews for local shops/restaurants you enjoy
- Bring treats to the dog park
- Leave quarters at the laundry room/laundromat
- Buy your waiter/waitress dinner
- Hold the door for people at an entrance/exit
- Leave some spare change in a vending machine with a note so the next person who uses it can get a treat on the house.
- Leave a package of baby wipes on the changing table in a restroom at a rest stop
- Leave thank you notes to service workers
- Host a neighbourhood car wash or car wash station with supplies
- Return shopping carts
- [Sign up to be an HCSS Transportation or Meals on Wheels volunteer!](#)
- Share your musical talents with others
- Host a neighbourhood BBQ
- Support local businesses - Check out the Shop for Seniors Specials!
- Learn to say hello in a variety of languages
- Send dessert to another table next time you eat out
- Give Kindness Makes Cents compliment cards
- After a wedding or party donate all of the flowers to a long term care home
- Interview an elderly friend or relative using the prompts and tools at StoryCorps.org
- Share your talent with area seniors (crafts, music, read, flowers from garden)
- Learn CPR
- Support local artists (visit museums, buy tickets to a concert, etc.)
- Donate school/art supplies
- Take non-perishables to your local food program
- Visit a nursing home - read, play games, etc.
- Be a photographer! See a person or a couple trying to take a photo of themselves? Offer to take it for them.
- Display a Kindness Makes Cents Promotional Lawn Sign



# Kindness

## in the workplace

- Icecream float break
- Leave feminine products in the womens washroom
- Decorate the staff entrance with sidewalk chalk
- Leave positive affirmations on bathroom mirrors
- Setup a thank you card station at your workplace with cards, stickers and pens
- Prepare lunch for yourself and a coworker
- Say thank you to the janitorial staff
- Introduce someone to a potential business associate
- Write a letter of recommendation for someone
- Learn the names of everyone in your office
- Add your pronouns to your email signature/social media profiles/
- Make friends with someone new at your workplace
- Offer a coworker a ride home or start a carpool
- Is your workplace accessible?  
Start a conversation with your supervisor/team about how to improve that.
- Compliment your coworkers
- Hold doors and say good morning/evening at the beginning/end of the work day
- Compliment a colleague to their boss
- Invite someone new in your town to a social event and introduce them to everyone
- Cover a coworker's shift
- Tell a less experienced colleague they are doing a great job
- Donate a sick day to a struggling colleague
- Write a thank you note to someone who has helped your career
- Tell someone the reason you like them
- Write positive recommendations and compliments on LinkedIn
- Give Kindness Makes Cents compliment cards



# Kindness for the earth

- Commit to using reusable grocery bags
- Make a bird feeder
- Walk or bike to work
- Plant a pollinator garden
- Dedicate a row in your vegetable garden for sharing/donating
- Turn off the lights
- Pickup litter in your neighbourhood
- Plant a new tree
- Collect rainwater to water your plants/garden
- Install a bidet attachment
- Reduce packaging and visit a refillery or the bulk barn for pantry items
- Eat only vegan/vegetarian for a day
- Take a friend forest bathing
- Upcycle items you were going to put into the trash
- Host a clothing swap
- Reduce your use of single use plastics
- Skip the dryer and put up a clothes line
- Shop at your local Farmers Market
- Donate old prescription glasses to your optometrists office
- Dispose of old pharmaceuticals responsibly by taking them to a pharmacy
- Recycle old electronics and make the offer to include items from neighbours since you're making the trip
- Hydrate! All summer long with a refillable water bottle.
- Use public transit for your next trip
- Let your grass grow longer between cuts
- Ditch paper towels
- Make beeswax wraps for yourself and friends
- Commit to composting for the summer
- Try waste-free feminine hygiene products
- Mend clothing items in need of repair
- Learn about your local birds/plants and share what you've learned with others
- Find unwanted items new owners! Host a yard sale and donate the proceeds.



# Kindness

## from kids & classrooms

- Host a lemonade/popsicle stand
- Mail a Grey-Bruce postcard to a faraway friend
- Handed out S'mores packets to others when you go camping
- Colour the world! Sidewalk chalk drawings and messages make everyone smile.
- Learn and sing [The Kindness Song](#)
- Start a kindness rock garden of painted rocks
- Bake cookies for someone
- Build a bird feeder out of recyclables
- Make and give friendship bracelets
- Print and share the Kindness Makes Cents colouring page
- Lend a hand making breakfast or dinner
- Leave a note in your mailbox to thank your mail carrier for their hard work
- Sit next to someone new at school/camp and get to know them
- Tell the principal how much you love your teacher
- Give Kindness Makes Cents compliment cards
- Invite a grandparent to become a summer penpal
- Help with household or farm chores
- Write a funny poem/limerick for someone to make them smile
- Rehome books/games/puzzles/toys you no longer use
- Visit the library/police station/fire department/hospital and thank the staff
- Tell someone what you like about them
- Make handmade cards for friends, family, neighbours, etc to brighten their day
- Smile and say Hello! Kindness is contagious.

# Thank you

TO OUR GENEROUS LOCAL SUPPORTERS



OWEN SOUND



WANT TO SPONSOR KINDNESS MAKES CENTS IN 2023?  
EMAIL RACHEL TAYLOR AT [RTAYLOR@HCSSGREYBRUCE](mailto:RTAYLOR@HCSSGREYBRUCE)

THANK YOU FOR ALL OF YOUR INCREDIBLE SUPPORT!!!



STILL HAVE QUESTIONS? NEED ASSISTANCE? CONTACT US!

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