1. Put change in a vending machine.
2. Hold the door open for someone.
3. Do a chore for someone without them knowing.
4. Tell a joke.
5. Return someone’s cart at the store.
6. Give candy to your bank teller.
8. Feed the birds.
9. Leave happy notes around town.
10. Put a small bin in your car to collect recycling.
11. Call your grandparents and ask them about their childhood.
12. Pick up litter.
13. Let someone go ahead of you in line.
15. Wash someone’s car.
16. Write a thankyou note for your mail carrier.
17. Plant something.
18. Bake dessert for a neighbor.
19. Walk dogs at the animal shelter.
20. Check in on an elderly neighbor.
21. Set up a lemonade stand and donate the profits.
22. Send a card to a service member.
23. Bury treasure at the playground.
24. Set the table for dinner.
25. Leave bubbles on someone’s doorstep.
27. Tell someone why they are special to you.
29. Buy a coffee for a stranger.
30. Pass out stickers to kids waiting in line.
31. Talk to someone new at school.
32. Write chalk messages on the sidewalk.
33. Weed or shovel for a neighbor.
34. Donate food to the food pantry.
35. Bring flowers to your teacher.
36. Tell a manager how good your service was.
37. Tape change to a parking meter.
38. Donate socks and supplies to the homeless shelter.
39. Give a lottery ticket to a stranger.
40. Call a friend you haven’t seen in a while to say hello.
41. Tape money for the ice cream truck to a friend’s front door.
42. Take treats to the fire station.
43. Read a book to someone.
44. Leave heads up pennies on the sidewalk.
45. Donate a toy to Toys for Tots.
46. Turn off the water while brushing your teeth.
47. Say thank you when you see service members.
48. Tell the principal how great your teacher is.
49. Give a candy bar to the bus driver.
50. Help make dinner.
51. Sing songs at a nursing home.
52. Invite someone to play on the playground.
53. Tell a manager how good your service was.
54. Donate a toy to Toys for Tots.
55. Make a get well card for someone.
56. Bring your neighbors’ garbage cans up for them.
57. Tell someone why they are special to you.
58. Give a candy bar to the bus driver.
59. Send dessert to another family at a restaurant.
60. Give a candy bar to the police department.
61. Leave kindness stones at the park.
62. Send a card to a service member.
63. Make a thank you card for your librarian.
64. Send a thank you card for your librarian.
65. Give a candy bar to the police department.
66. Create activity bags for families of deployed soldiers.
67. Make a get well card for someone.
68. Send a thank you card for your librarian.
69. Make a busy bag for a family with young children.
70. Send a thank you card for your librarian.
71. Bring cookies to the custodian.
72. Send a thank you card for your librarian.
73. Leave happy notes around town.
74. Send a thank you card for your librarian.
75. Bake cookies for a family with young children.
76. Send a thank you card for your librarian.
77. Volunteer at a soup kitchen.
78. Write a thank you note for your mail carrier.
79. Volunteer at a soup kitchen.
80. Write a thank you note for your mail carrier.
81. Volunteer at a soup kitchen.
82. Make a thank you card for your mail carrier.
83. Send a thank you card for your mail carrier.
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96. Make a thank you card for your mail carrier.
97. Send a thank you card for your mail carrier.
98. Make a thank you card for your mail carrier.
99. Send a thank you card for your mail carrier.
100. Smile at everybody. It’s contagious.