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 thank you 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. Send dessert to another family at a restaurant.
24. Tape a video message for faraway friends.
25. Leave kindness stones at the park.
27. Make a thank you sign for sanitation workers.
28. Make a busy bag for a family with young children.
29. Bring cookies to the custodian.
30. Call a friend you haven’t seen in a while to say hello.