

18 Kindness Ideas

A simple black stick figure is depicted in the center, holding a bright red heart in its right hand and having its left arm raised. The figure is smiling and appears to be in a joyful or celebratory mood. The heart is a solid, vibrant red color.

- Hold the door for someone
- Text a friend that you're thinking of them
- Tell a co-worker that they look nice
- Thank a check out clerk for their help
- Call a friend just to say 'hi'
- Thank a veteran for their service
- High five a co-worker for a great job
- Give someone a hug
- Thank someone for their friendship
- Call a grandparent
- Give flowers to a neighbor
- Send someone a handwritten note
- Make eye contact and smile
- Tell someone you are proud of them
- Put a sweet note on someone's desk
- Ask a cashier how their day is going
- Say hello to people as you are walking
- Wave at your neighbors