



15 Fun Kindness Ideas

Make a paper airplane and write Just flying by to say hi

Put a happy face on a golf ball and write I love you

Put a sticky note on someone saying, "I'm stuck on you."

Draw a bouquet of flowers, cut it out and put in an empty water bottle with a note,
'No water needed'

Cut pieces of cheese and/or sliced meat or carrots or celery and arrange on a plate
with the words I Love You

Put sticky notes on mirrors or places people use (like a coffee pot) with sweet
sayings, "You are awesome."

Cut a star shape out of a piece of paper and write, "You are my shining star"

Text someone an inspirational quote

Call a friend and sing to them, "I just called to say I love you. I just called to say how
much I care."

Make a notecard from a piece of paper. Draw flowers or a heart. Write underneath,
"Whoever finds this card, know that you are awesome." Leave the card on a table or
a counter.

Draw a happy face on your meal receipt and write, "You are awesome. Thank you."

Put a 'scratcher' in an envelope. Write 'Have a great day'. Give it away to a friend or
stranger. Decorate the envelope. Or use a paperclip to attach the scratcher to a
sticky.

Cut a dozen 'business card' size paper from brown paper sacks or any paper you
have on hand. Write notes on them. You are Awesome, Have a Great Day, You
Matter. Give them away to strangers in line around you. Decorate the 'cards' with
hearts and/or flowers. See how long it takes you to give them all away.

If you want to, attach a \$1 or \$5 bill to each card (fold it) with a paperclip and give
them to your waitress, or a check out person, or someone random or your kids or
grandkids

Fill a box with good used clothing and drop off at a homeless shelter, Good Will or
the Salvation Army or other charitable place near you.