

# 20 DAYS OF KINDNESS

Help spread love and kindness by completing these random acts of kindness.

Write a  
nice letter  
to  
someone

Give  
someone  
a big  
hug

Hold the  
door open  
for  
someone

Make  
kindness  
rocks for  
others

Make  
someone  
laugh.

Serve at a  
homeless  
shelter for  
those in need

Leave a  
nice note  
for the  
mailman

Do a  
chore for  
someone  
else

Donate a  
book to  
someone or  
the library

Give food  
to the  
food  
pantry

Tell  
someone  
how much  
you love  
them

Hold the  
door open  
for  
someone

Smile  
when you  
see  
someone

Give  
someone  
a high  
five

Pick up  
litter  
around  
town

Let  
someone  
go before  
you

Share your  
favorite  
toys with  
someone

Say  
"thank  
you" to  
someone

Make cookies  
for the fire  
department  
or hospital

Help a  
neighbor  
with lawn  
work