

30 Ways to Practice Love and Kindness

1. Pick up litter
2. Donate food
3. Drop off a blanket at a homeless shelter
4. Donate toys
5. Donate books to the library
6. Smile at everyone you see
7. Clean up after yourself
8. Bring someone a meal
9. Let someone in front of you in traffic
10. Give a secret gift
11. Bring coffee/tea or cocoa to a friend
12. Give out free hugs
13. Volunteer
14. Call or facetime a loved one who lives far away
15. Pay for someone's order behind you in the drive through
16. Send a handwritten note
17. Walk a dog
18. Put up sticky notes of positive words in public bathrooms
19. Hold a door open
20. Send flowers
21. Babysit
22. Bring bagels to work
23. Leave quarters at the laundromat
24. Leave your biggest tip ever
25. When you say hi how are you, listen for the answer
26. Rake leaves
27. Take cookies to a neighbor
28. Say hello to a stranger
29. Mow a lawn
30. Offer to help an elderly neighbor