



RANDOM ACTS OF KINDNESS

**Note: Kiwanis International requires that all clubs and programs follow state, local and college guidelines for public gatherings during the COVID-19 pandemic.*

When we do something kind for friends, family and even strangers, it's only a matter of time before that kindness comes back to us. Here are a few ways you can pay it forward and make a difference in someone's life.

1. Compliment a stranger. It seems like the simplest thing to do, but it's amazing how it can really make someone's day.
2. If you see shopping carts "hanging out" in the parking lot, take a second to push them into the cart corrals.
3. Pick up the tab for the person behind you at a fast-food restaurant, coffee shop or car wash.
4. Check out your favorite book in the library. Hide a note of encouragement between the pages to be discovered by the next person who checks it out.
5. Buy a cup of coffee or hot chocolate for a friend "just because."
6. Write letters to people who have made a positive difference in your life and thank them for all they've done. You can either sign them or send them anonymously.
7. Put together study care kits to give out around test time in the library.
8. Write a message of encouragement on your campus sidewalks.
9. Pick up litter on your way to class.
10. Leave a great review for your favorite local restaurant or business.
11. Call someone you haven't talked to in a while.
12. Use social media to inform others about a nonprofit you support.
13. Support a new small business.
14. Plan a social event for your friends.
15. Donate five articles of clothing that you don't wear.
16. Give hand sanitizer to the people around you.
17. Create and print some inspirational flyers to hang in your dorm or on campus.

