

Giving Season Kindness Challenge

30 small acts of kindness – start anytime, check them off in any order

1 Write a thank-you note to someone	2 Pay for someone's coffee	3 Compliment 3 people today	4 Bake something for a neighbor	5 Leave a generous tip	6 Call a family member you miss
7 Donate to a cause close to your heart	8 Offer to babysit or pet-sit for free	9 Volunteer an hour of your time	10 Send a card to someone who's lonely	11 Give up your seat or spot in line	12 Pick up litter around your block
13 Rake leaves or shovel snow for a neighbor	14 Introduce yourself to a neighbor you haven't met	15 Leave kind sticky notes for strangers	16 Support a local small business	17 Hold the elevator or door for someone	18 Thank a teacher, nurse, or first responder
19 Share a meal with someone	20 Give a genuine compliment to a stranger	21 Help carry groceries for someone	22 Write a letter to a service member or veteran	23 Write down 3 things you're grateful for	24 Bring in someone's trash cans without being asked
25 Do a kind act, no one watching	26 Bring treats to share at work or school	27 Let someone go ahead of you in traffic	28 Ask someone how they're doing, then listen	29 Donate blood or make a plan to	30 Say 'thank you' and really mean it

Small acts, big impact. Happy Giving Season!

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30 small acts of kindness – create your own challenge!

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐
7 ☐	8 ☐	9 ☐	10 ☐	11 ☐	12 ☐
13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐
19 ☐	20 ☐	21 ☐	22 ☐	23 ☐	24 ☐
25 ☐	26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

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