## is for □ Bring donuts to work □ Bake cookies for a neighbor At a drive-thru, pay for the person behind you □ Donate to your favorite charity Leave food out for a neighborhood stray ☐ Mow or rake a neighbor's yard □ Pick up an extra round of carpool ☐ Bring food to a local shelter ☐ Mentor a young student or athlete □ Buy one thing and donate it unused □ Volunteer at a local shelter or food kitchen ☐ Pay someone's parking meter □ Leave an extra-large tip □ Organize a neighborhood clean up ☐ Leave a treat for the mailman ☐ Take up your neighbor's garbage cans □ Donate work clothes to a local shelter ☐ Shovel a neighbor's driveway Bring a meal to a friend Let someone go in front of you at check-out Donate blood Bring cookies to your local police or fire department □ Say "Good Morning" to a stranger □ Write a recommendation for a student or co-worker □ Recycle {always} ☐ Buy bus or train tickets for a local shelter "Drop" a 5 dollar bill in a store for a lucky person to find Be there for a friend in need □ Send a Just Because card to a family or friend □ Compliment a stranger Donate toys, diapers and formula to a children's facility ☐ Host a family for Thanksgiving or Christmas Offer free babysitting Let a car merge in front of you in traffic □ Tutor a student in need Return a stray cart in the parking lot ☐ Help someone change a flat □ Buy a \$5 gift card at checkout and hand it to the person behind you □ Share an umbrella with a person in need ☐ Throw some extra change in the container of a street Do something nice for a person you don't get along with □ Pick up the tab for a friend or family member ☐ Introduce yourself to someone new Open the door for someone □ Save and give Box Tops to your school Become an organ donor ☐ Make care packages for soldiers overseas Pay for someone's gas at the next pump ☐ Always donate your loose change □ Donate books to the library □ Offer to pet sit for free or dog walk for free

□ Buy stamps for the person behind you at the post office

□ Send flowers to your parents or grandparents

Leave change in a vending machine ☐ Bring food to a homeless person on the street ☐ Help a co-worker with a project □ Save and share coupons with a family in need Leave a positive comment on someone's blog □ Foster an animal from a shelter Leave a kind note or \$5 gift card on someone's car □ Donate school supplies Run an errand for a friend □ Smile at everyone □ Leave a quarter in a gumball machine ☐ Bring water or coffee to construction workers □ Call someone on their birthday □ Save the planet, use air dryers instead of paper towels □ Donate gloves, hats and coats to a shelter ☐ Hand out balloons to kids at a park or store Order delivery for a new mom or busy friend Leave a positive review for your favorite local business Organize a play date for the neighborhood kids ☐ Help someone carry groceries □ Write an encouraging note in chalk on the sidewalk ☐ Gift a friend music over iTunes □ Leave a kind note in a library book □ Tape money to the car wash machine for the next person to use Give up your seat on the bus or train □ Donate unused air miles to the "Make a Wish" Foundation □ Plan a visit to a friend you haven't seen in a while ☐ Buy a magazine subscription for a new mom or friend Pay for a kid to take a class of their choice Leave a newspaper behind for someone to read ☐ Use your connections to help some get a job or interview ☐ Give a recipe with a bag full of ingredients to a friend, family member or neighbor ☐ Bring coffee to someone waiting at a bus stop Do a chore that is usually your partner's responsibility □ Scrape your neighbor's or partner's car windows □ Pick up an extra shift at work to help a co-worker who needs □ Tape a bag of microwavable popcorn to a Redbox Machine □ Tape up the "Take a Smile" printable in a bathroom stall □ Donate prepaid phone cards to a shelter ☐ Pick up something someone has dropped □ Always say "Please" and "Thank You" Leave change at the laundry mat Offer a ride to a friend in need ☐ Help clean graffiti □ Volunteer at a school ☐ Give a gift to a bus driver Conserve energy Pick up litter as you see it

101 Random Acts of Kindness.

R.A.O.K.

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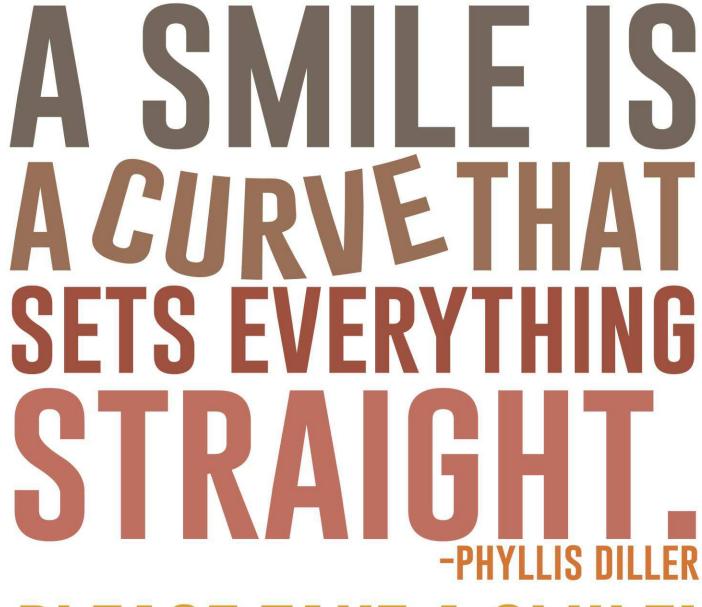
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PLEASE TAKE A SMILE!

TODAY IS GOING TO BE A GOOD DAY!