

# Simple Acts of Kindness Challenge

Bring someone a meal

Help a Friend

Mentor someone

Bring treats to police/fire/ems station

Donate old books to library or school

Pick up a piece of litter and throw it out

Learn CPR

Let Someone Go Ahead of You

Send a handwritten note

Donate your time

Offer to babysit for a friend

Give an unexpected compliment

Give up your seat on a bus/subway

Buy coffee for someone

Donate old glasses

Call someone you haven't spoke to in a while

Make someone laugh

Bake something for a neighbour

Say thank you to someone

Smile at a stranger

Donate food or clothing

