



150 Acts of Kindness for Grace UMC

1. Take treats to the fire station.
2. Say "hello" to everyone you see.
3. Wave to kids on a school bus.
4. Turn off the water while brushing your teeth.
5. Say "Thank You" to a service member.
6. Leave treats on the garbage cans for the sanitation workers.
7. Call a friend instead of texting.
8. Pick up trash you see on the floor.
9. Bring your neighbor's garbage cans in.
10. Leave a kindness rock at the park.
11. Send dessert to another table.
12. Pay for someone's toll.
13. Donate coloring books and crayons to the children's hospital.
14. Put change in a vending machine.
15. Hold the door open for someone.
16. Do a chore for someone.
17. Return someone's cart at the store.
18. Organize a Free Smile event.
19. Give a candy bar to your pharmacist.
20. Send a kind note to the drive thru bank teller.
21. Feed the birds.
22. Plant a flower.
23. Leave a letter in a library book.
24. Donate dark chocolate to the church office.
25. Take time to speak to a child.
26. Let someone go ahead of you in line.
27. Write a thank you note to your mail carrier.
28. Pick up trash outside.
29. Offer to answer phones at church.
30. Bake a dessert for a neighbor.
31. Buy coffee for the person behind you.
32. Write chalk messages on the sidewalk.
33. Weed a neighbor's flowerbed.
34. Donate to the Grace UMC Food Pantry.
35. Bring flowers to your teachers/officemates
36. Give a lottery ticket to a stranger.
37. Take time to enjoy the sunset.



38. Ask for donations instead of birthday gifts.
39. Take treats to the police station.
40. Deliver water bottles to the SERVE homeless shelter.
41. Put your phone away.
42. Tell a joke.
43. Send a postcard to a friend.
44. Give a stranger a compliment.
45. Buy flowers & give them away to strangers.
46. Leave letters of encouragement on people's cars.
47. Buy a movie ticket for the person behind you.
48. Pay for someone's meal at a restaurant.
49. Donate your old clothes to the Salvation Army.
50. Hold the elevator for someone.
51. Write a kind message on a napkin.
52. Do a chore without being asked.
53. Turn off the TV.
54. Rake leaves for a neighbor.
55. Take the day to not complain.
56. Send a positive message to all your Facebook friends.
57. Share your favorite bible verse on Facebook.
58. Straighten the sanctuary after the service.
59. Laugh often.
60. Go apple picking.
61. Bake someone a cake.
62. Take time to enjoy the sunrise.
63. Take time to listen to a friend.
64. Recycle your water bottle.
65. Leave your server an extra nice tip.
66. Laugh with someone else.
67. Create a holiday for someone you love.
68. Offer to pick up something for a neighbor at the store.
69. Buy locally to support your community.
70. Say, "I Love You" to someone you love.
71. Sew a quilt for a person who is ill.
72. Order a pizza for someone.



73. Take flowers to the hospital.
74. Leave a kind note on the ATM.
75. Send cards to a Senior Center.
76. Take an extra umbrella with you to give away.
77. When you see something good, share it.
78. Encourage someone to pursue their dreams.
79. Give blood.
80. Start a coat drive.
81. Donate cat/dog food to the animal shelter.
82. Give someone the benefit of the doubt.
83. Personally thank the clerk by name.
84. Call someone you haven't spoken to in a while.
85. Pay for the meal of a family with a special needs child.
86. Offer someone a ride to church on Sunday.
87. Invite someone to lunch.
88. When upset, count to 10 (or 20) before speaking.
89. Let another car merge in front of you.
90. Buy food for a homeless person.
91. Print extra coupons and give them away.
92. Become an organ donor.
93. Offer to take a tourist's photo.
94. Bring in treats for teachers/officemates.
95. Call someone you love, just because.
96. Allow someone to help you.
97. Carry a \$5 gift card with you to give away.
98. Signup to make lunches for SERVE on Sundays at Grace UMC.
99. Give a soldier a high 5.
100. Pick up a "2017-2018 Mission Opportunities" & donate.
101. Do a 5K for a good cause.
102. Walk a neighbor's dog.
103. Tutor a George Town South student.
104. Give up your seat in the Metro.
105. Read a book to someone.
106. Send a get-well card to someone.
107. Recycle all those plastic bags.
108. Say "Hi" to everyone you see.
109. Leave a special note for a loved one.



110. Put coins in an expired meter.
111. Listen with all your senses.
112. Say "I'm sorry" when you are wrong.
113. Offer to throw away someone's trash along with yours.
114. Help a friend move.
115. Offer to baby-sit.
116. Eat dinner together as a family.
117. Leave flowers for a neighbor.
118. Clean up after your pet.
119. Pray for someone you know.
120. Pray for someone you don't know.
121. Hide money for a stranger to find.
122. Make breakfast for your partner.
123. Organize a food drive at work.
124. Befriend someone new.
125. Send someone an e-card.
126. Create a gratitude journal.
127. Knit hats for the homeless.
128. Plant a tree.
129. Give your full presence to a child.
130. Call your parents or grandparents.
131. Give your sibling a random gift.
132. Eat lunch with someone new.
133. Say "Good Morning" to 5 strangers.
134. Teach a child about kindness.
135. Read about kind people in history.
136. Clean up a park.
137. Have a free car wash.
138. Play a musical instrument in a park.
139. Go for a bike ride with your family.
140. Put away the electronics & be present to those around you.
141. Organize a Free Hug event.
142. Volunteer locally with your child.
143. Find teachable moments every day.
144. Be quiet instead of yelling at someone.
145. Offer to do a load of laundry for the church.
146. Forgive someone & forget it.
147. Donate your old eyeglasses.
148. Visit with senior citizens at nursing homes.
149. Smile at everyone. It's contagious.
150. Be like Jesus.



Be Kind
Be Curious
Make a contribution