

Toolkit: Kindness Acts Under \$10

Kindness doesn't have to cost anything! Here are some free and inexpensive ways to spread kindness in your community:

- Leave thank you notes and bottled water or soft drinks out for mail carriers, sanitation workers, and delivery people (especially during busy holiday seasons!).
- Tape \$10 to a pack of diapers at the store. Parents and caregivers can always use some extra help.
- Show kindness to your neighbours by offering to mow their lawn, shovel their driveway, babysit, or help with other chores.
- Put some coins in a stranger's parking meter if you notice their parking has expired.
- Donate clothes, books, or other items you no longer need to charity shops, homeless shelters, women's shelters, or other organizations that may need them.
- Give flowers to someone. You can often find inexpensive flowers at the grocery store and it's an easy way to brighten someone's day.
- Volunteer your time!
- Write kind and inspirational notes and leave them in public spaces for people to find.
- Buy a small gift card (\$5 or \$10) when you're at a grocery store and give it to someone.
- Be an organizer. You can help organize events such as fundraisers or blood drives, doing the behind-the-scenes work like recruiting, designing fliers for promotion, etc.
- Tip your server an extra \$5. Servers are often unappreciated for the work that they do. An extra tip will make their day!
- Leave extra coins at the laundromat so the next person can do their laundry for free.

If you have an idea for an act of kindness but need some help funding it, apply for a sponsored act from Random Acts:
www.randomacts.org/perform-a-kindness-act/