

# ★ Feel ★ GOOD FEBRUARY

## HERE ARE 22 RANDOM ACTS OF KINDNESS IDEAS FOR KIDS AND ADULTS

### *Cost-Free Random Act of Kindness Ideas*

1. Smile at someone you don't know at work/school
2. Pick some flowers from your garden, wrap a ribbon around it and leave it with a FGF note somewhere public like a library or a dentist/doctor's waiting room for the next patient
3. Let someone go in front of you at the supermarket if they have a few items
4. When driving, give way and let someone in front of you
5. At the supermarket give your trolley to someone who is about to put a coin in a new one
6. Get some chalk and cover the pavement with smiley faces- guaranteed to make people smile when they look down!
7. Leave a note for your postman to thank him for doing a great job- a reminder that snail mail is still important!
8. Sing a "golden oldie" song at the local Nursing Home- they will LOVE that!
9. Volunteer your time at a dog shelter- they always need dog walkers
10. Volunteer your time toward a humanitarian cause. Think... Soup Kitchen, hospital, charity clothing store
11. Give an honest compliment to someone- it will brighten their day
12. If you see someone who is upset, approach them and offer a tissue...it's human contact that's important
13. Offer your fun items for other kids to use at the beach if they don't have one- perhaps your bucket, spade, boogie board (check with their parents first, kids!)
14. If you work for a company that provides entertainment or food, get some vouchers and leave them in public places with the FGF Kindness Card
15. Go to a live taping of a talent show. Clap and cheer EVERYONE after their act
16. Scatter some of your favourite books at public transport places with a FGF Kindness Card
17. Write positive sayings on Post It notes and leave them on the mirrors of restrooms
18. Offer your seat to someone older than you on the bus/train/ ferry
19. Clean people's windscreens at a shopping centre carpark
20. Offer to carry supermarket groceries to their car if you see an elderly person or a Mum/Dad with toddlers and a pram
21. Teach your favourite craft activity to intellectually disabled adults at a day centre
22. Join a mentoring service, such as Big Brothers Big Sisters of Australia, which provides long-term support for children aged 7-17 years.



Proud member of  
World Kindness Australia  
Because it's cool to be kind

*Make someone smile today*