

★ Feel ★ GOOD FEBRUARY

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

Ideas that will cost very little but will have a big impact

1. Leave a couple of dollars in a zip lock bag and sticky tape it to a vending machine at a place where people need a kind lift. eg hospital/airport
2. Pay for the car behind you at the Drive Thru. Better still, add a surprise treat onto their order!
3. Buy a packet of cards with positive sayings (I bought mine from a newsagency/gift shop) and cover the wall with them at your favourite cafe for people to take
4. Buy some canvasses do some paintings-leave them in public areas as gifts for strangers. eg bus stops/ train stations/ ferry terminal/ airport
5. Use your talent at photography and print out some of your favourite photos, pair it with an inspiring quote and leave them in a public place with a FGF Kindness Card.
6. If you make jewellery, leave a gift for a stranger somewhere with a FGF Kindness card
7. Pay for the coffee or tea of someone behind you in line
8. Leave some money at a cafe that uses the Suspended Coffee program www.suspendedcoffee.com.au
9. Buy some movie tickets and give them out to strangers, accompanied by your smile!
10. Pay for someone's ice cream beside you at the counter on a hot day
11. Leave a generous tip for the taxi driver or person serving you at a restaurant/cafe
12. Pay for someone's bus/ferry/train ticket at the ticket machine
13. Top up people's parking meters with a few coins
14. Give your already paid parking ticket to someone who is taking your spot if there's more time left on it
15. Buy a bunch of water bottles from the supermarket and give them to homeless people in the city
16. Treat a homeless person to a hot meal
17. Buy some herb/ veggie seed packets and pop them in letterboxes around your neighbourhood
18. At the Petrol Station, leave some money in a zip lock bag with a note saying, "Your petrol's on me today"-sticky tape to the petrol bowser
19. Pay for someone's ticket into an amusement park
20. If you are at Putt Putt Golf, buy an extra round of Mini Golf for the person waiting in line behind you
21. Buy some book vouchers. Go to your local preschool's parking area and leave them on car windscreens to encourage kids to read
22. Buy some extra Christmas lights and give them away to strangers



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

Make someone smile today