Kindness Activity Guide

Directions

Take time to conduct a spontaneous gesture of goodwill towards someone or something using the ideas provided below.

Benefits

- Releases feel-good hormones.
- Eases anxiety
- Good for your heart.
- Reduce stress.
Random Acts of Kindness

- Smile
- Hold the door open
- Give an honest compliment
- Thank someone who you appreciate
- Be a good listener
- Pick a day and not complain
- Offer your help to someone
- Ask the person who’s serving you how their day is going
- Treat someone to a coffee or tea
- Let someone go past you in the grocery store line
- Send flowers or chocolates to a friend out of the blue
- Write a letter to someone