


KINDNESS CHECKLIST

Pay it forward with small acts of kindness today – and every day! **Try one of these...**



1 Surprise your parents with breakfast in bed



2 Give heartfelt compliments to as many people as possible



3 Plant some bee-friendly flowers

4 Walk a neighbour's dog

5 Pay for a stranger's pizza or coffee

6 Surprise a friend with a small gift

7 Smile at and greet a stranger


8 Post kindness cards in your neighbours' post boxes

9 Give your partner full control of the remote for a day




10 Write encouraging chalk notes on the sidewalk

11 Treat a sibling: give them sole access to WiFi for a day



12 Pick up any trash you see



13 Volunteer at a local animal shelter

14 Say thank you to a cashier, delivery driver and health workers




15 Say "I love you" to your friends and family

16 Send a letter or postcard to a friend instead of an SMS

17 Do chores at home without being asked

18 Plant a tree

19 Make someone who needs it a blanket, scarf, beanie or meal



20 Pay it forward to your future self: look in the mirror and say "I am smart, I am kind, I matter."

