75 Ways to Show Kindness to Others

Being kind to others goes a long way, and being kind seems so simply and easy to do. This checklist is full of ideas on how to show kindness. Feel free to do some of these on your own or together as a family.



- [ ] 1 Send a card to someone you haven't seen in a long time
- [ ] 2 Instead of texting someone, make a phone call
- [ ] 3 Bake cookies for your neighbors
- [ ] 4 Treat someone to their favorite coffee
- [ ] 5 Tell someone how much you love and appreciate them
- [ ] 6 Ofter your help to someone
- [ ] 7 Donate canned goods to a shelter
- [ ] 8 Listen to someone who needs support and show them empathy
- [ ] 9 Send someone a care package
- [ ] 10 Surprise a loved one with a special meal
- [ ] 11 Buy someone an unexpected gift
- [ ] 12 Invite a friend over for a drink
- [ ] 13 Leave out snacks or drinks for delivery people
- [ ] 14 Offer to babysit for a new mom and dad for free
- [ ] 15 Pay it forward with a coffee at a coffee shop
- [ ] 16 Donate toys to the children's hospital
- [ ] 17 Smile to a stranger
- [ ] 18 Write a love note and leave it somewhere they will find it
- [ ] 19 Make your loved-one breakfast in bed
- [ ] 20 Share vegetables from your garden
- [ ] 21 Order or make dinner for new parents
- [ ] 22 Lend out your books to friends
- [ ] 23 Help someone who is lost
- [ ] 24 Host a dinner party for friends
- [ ] 25 Wear a gift someone got you in their presence
- [ ] 26 Be friendly to people in the service industry
- [ ] 27 Leave an extra tip to someone who helped you
- [ ] 28 Offer to get groceries for someone who can't do it themselves
- [ ] 29 Help someone when they are sick
- [ ] 30 Hold the door open for someone
- [ ] 31 Ask someone how their day was
- [ ] 32 Donate your clothing and coats to a shelter

- [ ] 33 Pay for someone's expired meter
- [ ] 34 Let someone who has less groceries than you go ahead in line
- [ ] 35 Give someone a compliment
- [ ] 36 Leave reviews for your favorite restaurants
- [ ] 37 Volunteer at a soup kitchen or homeless shelter
- [ ] 38 Buy food for a co-worker who has to work through lunch or work late
- [ ] 39 Bring in coffee or treats for your co-workers
- [ ] 40 Offer your seat to someone on the bus or train
- [ ] 41 Give your leftovers to a homeless person
- [ ] 42 Use please and thank you when speaking to others
- [ ] 43 Ofter to pet sit for a friend
- [ ] 44 Take care of a neighbors plants and mail while they are out of town
- [ ] 45 Send flowers to your mom
- [ ] 46 Stop to let a pedestrian cross the street
- [ ] 47 Treat your friend to dinner, a movie, or even a yoga class
- [ ] 48 Bring in a treat for a co-workers birthday
- [ ] 49 Compliment someone on social media
- [ ] 50 Offer to pick someone up when it's raining
- [ ] 51 Ask the handyman if they would like something to drink
- [ ] 52 Help promote your friend's new business
- [ ] 53 Send someone a thinking of you text
- [ ] 54 Write an appreciation note to your child's teacher
- [ ] 55 Look at a loved one's Amazon 'Wish List' and surprise them by buying them an item
- [ ] 56 Ofter to wash your neighbors car or mow their lawn
- [ ] 57 Plan something spontaneous for your spouse
- [ ] 58 Give someone a hug
- [ ] 59 Tell someone you love them with meaning
- [ ] 60 Have an open mind and keep judgements to yourself
- [ ] 61 Don't engage in gossip
- [ ] 62 Spend time off social media and have conversations in your own house
- [ ] 63 Assume people are generally kind
- [ ] 64 Offer someone a ride to the airport or offer to pick them up
- [ ] 65 Really listen when people speak
- [ ] 66 Shovel your neighbors sidewalks
- [ ] 67 Do the dishes when you go to a friend's house for dinner
- [ ] 68 Practice patient with people
- [ ] 69 Celebrate other people's success
- [ ] 70 Don't hold grudges
- [ ] 71 Be a mentor to someone
- [ ] 72 Be honest with others and keep your word
- [ ] 73 Donate to a local charity
- [ ] 74 Bring a small hostess gift when you are invited over for dinner or to a party
- [ ] 75 Invite someone who is alone over for dinner or include them during the holidays

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