



Marshfield Area
UNITED WAY

80 ACTS OF KINDNESS

CHOOSE FROM ANY OF THE 80 ACTS OF KINDNESS TO MAKE A POSITIVE IMPACT IN OUR COMMUNITY.

KINDNESS OF HEART



- Leave a positive note in a library book.
- Leave a kindness note in a public place.
- Forgive a small mistake.
- Be patient with someone who is having a difficult day.
- Offer someone a sincere apology.
- Leave a positive note on someone's car.
- Do a kind deed anonymously.



GIVE A LITTLE

- Pay for the person behind you.
- Bring a coworker coffee.
- Leave a generous tip.
- Bring treats to work.
- Leave quarters in a vending machine.
- Give someone flowers.
- Make a meal for someone.
- Buy lunch for a coworker.
- Share homemade baked goods.
- Donate to your favorite charity.
- Bring snacks to a meeting.
- Donate gently used clothing.
- Donate to a food pantry.
- Donate books.
- Give blood.
- Donate pet supplies.
- Donate school supplies.
- Give away something you no longer need.
- Donate toiletries to a local organization.

CONNECTION & INCLUSION



- Call someone you haven't talked to recently.
- Smile at a stranger.
- Share a favorite book.
- Compliment a parent on their children.
- Make someone laugh.
- Ask someone how they're doing - and listen.
- Give someone your full attention.
- Invite someone to join your group.
- Celebrate someone else's success.
- Give someone a high five.
- Make a playlist for a friend.



KIND WORDS & ENCOURAGEMENT

- Give someone a genuine compliment.
- Leave a kind note for someone.
- Send a thank you text.
- Thank a teacher.
- Thank a first responder.
- Write a thank-you note.
- Send someone an encouraging message.
- Compliment someone's work.
- Thank a custodian.
- Thank a bus driver.
- Give someone encouragement.
- Leave a positive review for a local business.
- Leave a positive message on a voicemail.
- Thank someone who rarely gets thanked.
- Send a "thinking of you" message.
- Thank someone for their time.
- Tell someone why you appreciate them.



EVERYDAY HELPING HANDS

- Hold the door open.
- Let someone go ahead of you in line.
- Let someone merge in traffic.
- Offer to help carry something.
- Share your umbrella.
- Give someone your parking spot.
- Help someone with technology.
- Help someone with an item on a shelf.
- Pick up something someone dropped.
- Let someone with fewer items go first.
- Give someone a ride.
- Offer to run an errand.
- Share useful information.
- Help clean up after an event.
- Offer to take a photo for a group.



KINDNESS IN THE WORKPLACE

- Leave a kind note on a coworker's desk.
- Compliment a coworker to their supervisor.
- Send a handwritten card.



BE A GOOD NEIGHBOR

- Shovel a neighbor's sidewalk.
- Mow a neighbor's lawn.
- Check on an older neighbor.
- Offer to babysit for a friend.
- Water a neighbor's plants.
- Feed a neighbor's pet while they're away.
- Introduce yourself to a new neighbor.