

Random Acts of Kindness: Feel free to pick and choose which random acts you and your family would like to complete. Or see how many rows you can fill in in one month.

Leave dollar bills on the shelves at a local dollar store.	Call a family member that you haven't talked to in a while. Maybe even Facetime them so that your kids can talk too.	Clean out your cupboards and donate the non-perishable items to a local food bank.	Create cards and leave them in the mailbox for the mailman or Mailwoman.	Help someone in your family by doing a chore or something special for them.
Make cookies and take them to your local police or fire station. Maybe give them to someone who has really helped you lately.	Leave quarters at the local laundry mat. Or leave laundry soap and fabric softener.	Give everyone in your family a compliment today. Take the time to think of some really good words to say.	Clean out your closets and dressers. Give your clothes away to someone in need or a local charity.	Call a friend that you haven't talked to in a while. See how they are doing and if they need anything.
Go through the books in your home. Donate them to the local library or a red shelf.	Make sure that you use your manners a lot today. Saying "Thank you, your welcome, excuse me, etc." can really make someone's day	Make paper snowflakes. Write kind words on them. Take them to the local nursing home.	Leave change on the paid meters in your town. Or find a way to help someone to not have to pay to park.	Write letters to a family member/friend who lives far away. Tell them how much you love them.
Create cards with kind words in them. Mail them to someone who could use some kind words.	Bake some fresh bread or muffins for a neighbor. Leave them a note thanking them for being your neighbor.	Go through a drive through and pay for someone else's order.	Hand out hugs, high fives and fist bumps to those around you.	Take the time to clean out the toy closet. Give those toys away to a child in need or a local day care.
Smile a lot today. Smiling at someone can really change their day.	Get rid of the clutter in your kitchen. Do you have pots or pans, dish towels, wash clothes. Give them to a local women's shelter.	Make homeless blessing bags (hygiene items, snacks, gum, etc.) and hand them out.	Make dinner for a family that could use a break. Make sure you check to see if they have any allergies first.	Buy a box of candy and take the time to pass them out to people that you meet today. Tell them you hope they have a sweeter day.