Kindness Ideas

donate to a local non-profit	share your favorite song with someone	buy something from a locally owned business	send an uplifting text to a friend
compliment a stranger	celebrate someone's accomplishment	treat someone with a cup of coffee or tea	participate in a charity walk or run
donate some of your old chlothes	let someone go in front of you in line	take the time to actually listen to someone	pick up litter during your walk
make someone laugh	be kind to yourself	take the day to not complain	tell someone you are proud of them
help someone who is lost	sign up for volunteering work	smile to the people you pass by walking	make a care package for someone who needs it