

25 Acts of Kindness

1

SUPPORT A SMALL
BUSINESS

2

Leave a friendly
note in a
library book

3

VOLUNTEER AT
A SHELTER

4

Bake
cookies +
deliver
them
to neighbors



5

Give a
compliment

6

DONATE TO
A CHARITY

7

Pay for
someone's meal



8

Teach someone
something
new

9

SEND A
HANDWRITTEN
LETTER



10

Donate toys to
Toys for Tots



11

Cook Dinner
for someone

12

Tell someone
you
love them

13



DONATE
USED
BOOKS

14

Plant
something



15

Volunteer
at a shelter

16

Pay for
someone's coffee



17

Read to
Someone

18

Donate
Food

19



Pick up
litter

20

Deliver treats to your local
fire and/or police department

21

Compliment
a stranger

22

Sponsor a
family

23

Give someone
a hug



24

Let someone
go ahead of
you in line

25



Sing songs
at the nursing
home



DES MOINES
PARENT

CONNECTING CENTRAL IOWA FAMILIES