



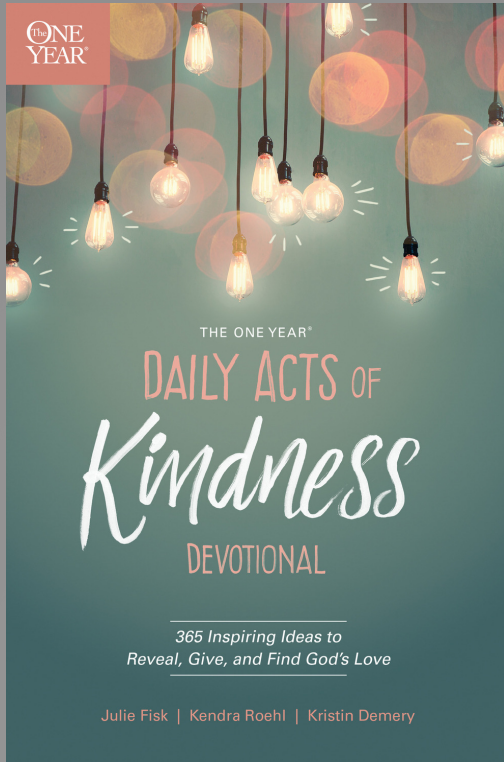
20 Free Acts of Kindness

1. Invite someone who may be lonely over to your house for dinner.
2. Offer to babysit for a single parent so he or she can have a break.
3. Write a letter to military personnel who are serving abroad.
4. Host a garage sale and give the proceeds to a charity.
5. Visit a local nursing home on an activity night.
6. Volunteer to help serve a meal at a local shelter.
7. Write an encouraging note to a friend.
8. Volunteer in your child's classroom.
9. Give a compliment to a stranger.
10. Write a note to a local business praising the service you received from the employees.
11. Leave extra coupons at a store for someone else to use.
12. Donate blood.
13. Put encouraging notes in your child's lunch or backpack.
14. Pick up trash at your local park or playground.
15. Let another driver merge into your lane.
16. Volunteer in the nursery at your church.
17. Gather stray shopping carts in the parking lot and put them in the cart corral.
18. Call a friend who is struggling and offer a listening ear.
19. Give extra boxes to someone who is moving.
20. Donate a few vacation or sick days to someone in your office who is facing a crisis and could use the extra time off.

For more ideas on how you can impact your community with kindness, read Julie, Kendra, and Kristin's book [The One Year Daily Acts of Kindness](#). See your family grow, change, and become more engaged with the needs of the world around them. Available [online](#) or in bookstores everywhere.

You can find out more about Julie, Kendra, and Kristin at <http://www.theruthexperience.com/>

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