

A Year of Random Giving

52 Suggestions for Random Acts of Kindness

A Random Act of Kindness is a selfless act in which the giver may remain anonymous, and never expects anything in return. These are usually small actions you can do alone or together with family or friends. Random acts of kindness generate positive feelings for both the giver and recipient, and they strengthen our connections – even when the gesture remains anonymous.

Below are 52 ideas for random acts of kindness – one for every day of the year!

1. Hide a gift or some money in a public place for a stranger to find.
2. Facebook message a genuine compliment to a friend.
3. Bring treats to work. Consider putting them somewhere for people to find, rather than sharing them in person.
4. Make coffee for the office assistant.
5. Compliment often (strangers, friends, family, colleagues, your boss etc.).
6. Cook a meal for a friend who is going through a difficult time.
7. Write and mail a real physical letter to someone (not an email).
8. Send a card to a friend or a stranger needing support.
9. Give away stuff for free on Craigslist or Freecycle.
10. Give someone a book you think they'd like.
11. Put a tip in the coffee shop tip jar. (Fewer people tip than you'd think!)
12. Let someone go ahead of you in the queue.
13. Bring in fun office supplies to liven up the workday for everyone.
14. Leave a sticky note with an uplifting message at a bus stop, on a public restroom mirror or changing table, inside a restaurant menu etc.
15. Leave a letter of encouragement on someone's car.
16. Trim branches that overhang the sidewalk, to help keep it safe.
17. Give a care package of food or toiletries to a homeless person.
18. Send anonymous flowers to someone.
19. Pay the toll for the person behind you.
20. Offer some free babysitting for a friend or neighbour.
21. Make cards and mail them to the local retirement home for their residents.

22. Leave some extra quarters in the laundry room.
23. Bring a security guard a hot cup of coffee.
24. Purchase some extra dog or cat food and drop it off at an animal shelter.
25. Buy a movie ticket for the person behind you in the queue.
26. Carry an extra umbrella and let someone have it if there's a need.
27. Make two lunches and give one away.
28. Put change in a vending machine for the next person.
29. Send a toy or game to a homeless shelter.
30. Send someone a small gift anonymously.
31. Leave a used book in a cafe.
32. Tip your server generously, and leave them a kind message on a napkin.
33. Pick up someone's tab anonymously at a café or restaurant.
34. Buy a gift card to hand to someone on your way out.
35. Write a great online review for a company you love.
36. Leave a great coupon you won't use next to that item in the grocery store.
37. Donate blood – you are literally saving someone's life.
38. Sign up for a bone marrow registry.
39. Move seats on a plane, bus, or train so a family or friends can sit together.
40. Make an anonymous in-honour donation to a cause your friend loves.
41. Make holiday gift baskets for all the neighbours and leave on doorsteps
42. Offer to help someone struggling to carry their grocery bags.
43. Leave a thank you gift for the recycling / trash collectors.
44. Encourage a parent who's struggling with distressed or loud children.
45. Send a thank you letter to a member of the military.
46. Send an encouragement card through [More Love Letters](#).
47. Hand out water/hot drinks to people working outside in extreme weather.
48. Buy a Christmas gift for a child who otherwise wouldn't receive any.
49. Slip a gift card into someone's shopping basket.
50. Leave a bag of doggie treats in the park for a stranger to find.
51. Send chocolates to a service team who work hard for your community.
52. Buy something for a stranger from their Amazon.com wish list.