Random Acts of Kindness Challenge

- Donate food to the local food bank
- Call a friend you haven’t seen or talked to in a while to say hello and catch up
- Every day for one week: Turn off the water while brushing your teeth
- For one week: print everything double-sided and reduce the amount you print in general
- Bring your neighbor’s garbage cans up for them
- Bring cookies to your kids’ school custodian
- Donate coloring books and crayons to CHEO
- Help someone load their groceries in their car
- Send your compliments to the chef at a restaurant
- Every time you shower for one week: Turn off the water while you’re washing your hair, grooming, etc.
- For one week: Share and/or post only positive and uplifting statements on social media
- For one day: Don’t be shy! Smile and say hello to people you see on the street
- Make or send thank you cards to our Soldiers overseas: https://www.canada.ca/en/department-national-defence/services/contact-us/write-troops/instructions-for-mailing-overseas.html#anc3g
- Write notes of encouragement and leave them on random peoples’ cars
- Put change in a vending machine for a random stranger to find
- Compliment a random stranger every day for one week
- Do a chore for someone without them knowing you were the one who did it
- Leave small uplifting notes in some popular library books for random people to find
- Take a walk and clean up the litter and recyclables on the ground.
- Hold the door open for someone at every possible opportunity for one week
- Donate all of your old clothes to a charity
- Let someone go ahead of you in line at the grocery store
- Write a thank you note to your mail carrier
- Bake cookies for a neighbor who you don’t know
- Buy a coffee for a stranger
- Give a lottery ticket to a stranger
- Offer to babysit a friend or family members’ child or pet for free
☐ Add money to someone’s parking meter if it’s about to run out of time (or if it’s already out)
☐ Do a chore for your significant other that they normally hate doing
☐ Give up your seat on the bus to another person
☐ Buy a movie ticket for the person behind you in line
☐ Buy coffee for the person behind you in the drive through
☐ Buy popcorn at the movies for the person behind you in line
☐ Write 10 things you love about your friend, family member, or significant other and send them the list
☐ Help tutor a struggling student
☐ Pay for a student’s lunch
☐ Knit a scarf and then give it to a random person
☐ Give your umbrella to a stranger when it’s raining
☐ Send a genuine compliment to three friends on social media
☐ Avoid making negative comments on the internet for one week
☐ While you’re out, compliment a parent on how well-behaved their child is
☐ Bring sweets or a healthy treat to work for your coworkers
☐ Schedule 30 minutes to take an aromatherapy bath 2 times this week
☐ When everyone around you is gossiping about someone, be the one to butt in by saying something nice about them
☐ At a time when you would normally use it a lot, turn off your phone for 2 hours
☐ Take your new coworker out for a “get to know you” lunch and pay for their meal
☐ Compliment someone to their boss
☐ Email or write a thank you note to an old teacher who made a difference in your life
☐ Talk to a shy person who is sitting alone at an event
☐ Write someone an uplifting letter on actual paper and mail it (people love getting non-bill-related mail!)
☐ Give away free stuff on Kijiji or Craigslist
☐ Drive a coworker home who normally takes the bus
☐ Give someone a book you think they’ll like
☐ Make a photo album with pictures of you at every age you’ve been and give it to your parents, just because
☐ For one week: Give up buying your daily coffee and use the funds to take a friend out for lunch
☐ Set a screen time limit this for a week by going tech-free for two hours a day
Put a fun music mix together, crank the volume, and just let yourself jam out!

De-clutter your social media accounts: unfriend or take a break from negative people on your social media list

Get organized. Start by tackling small corners of your space, such as a cluttered office (at work or home), or overflowing front closet. Donate anything that you haven’t used in more than a year.

Sleep! Don’t cheat yourself out of one of the most important things you can do for your health! Start by going to bed 15 minutes earlier than normal and increase it gradually until you have met the number of hours that make you feel your best

Congratulate someone on their “good hustle” at your gym class this week

Create a sleep haven in your bedroom. Remove all clutter and stimulus. Don’t watch TV in the bedroom before bed. Put up black-out curtains and buy a white noise machine, buy soft and comfy linens, burn soothing essential oils or incense 30 minutes before bed. Make this room as cozy, beautiful, and comforting as possible.

Be fully present with a friend or family member this week. When you are hanging out, turn off your phone and give them all of your focus

Using pictures from a friend’s social media page, print the pictures, put them in a photo album, and give them to the friend “just because”

Leave potted flowers or a plant on someone’s front door, with a nice card, saying “Something to brighten your day”. Don’t sign the card.

Keep track of your friends/co-workers favourite treats and bring them their fave when they are having a bad day

When you go somewhere to get or do something, ask the people around you if you can pick up anything they need

Call your grandparents to chat. Ask them to tell you what they were up to and what the world was like when they were your age

Find a new hobby (or reengage with an old one)

Write a review of a business (restaurant, shop, or event Amazon sales page) you like. Spread some good will and positivity.

Print a funny meme or comic strip and post it at work to make people laugh. Do this every day for one week

Put 50–100 paper hearts or smiley faces in a box. On each cutout write something that is special about your significant other, family member, or good friend. Give them the box and tell them to pull out a heart or smiley face anytime they get lonely or want a pick-me-up.
- Take time to meditate 3 times this week for 10 minutes each time
- Reduce your carbon footprint for two weeks: use reusable bags at the grocery store instead of plastic bags
- Be mindful of your self talk this week. Challenge your negative thinking: [https://mrsmindfulness.com/the-four-keys-to-overcoming-negative-thinkingfor-good](https://mrsmindfulness.com/the-four-keys-to-overcoming-negative-thinkingfor-good)

Try something new in your living space. Rearrange all of your furniture in a way that makes you more comfortable. When your home “looks” new, you receive constant new stimulus until your mind is completely settled with the new look.

- Develop an energizing morning ritual: [https://www.developgoodhabits.com/morning-routine-habits](https://www.developgoodhabits.com/morning-routine-habits)
- Listen to a podcast about a topic that interests you, but you have yet to explore