



It is you who will help us change the world by spreading joy, happiness and hope through acts of kindness. Because where there is kindness, there is hope.
Visit DemisDifference.com to learn more and to download other "Acts of Kindness" tools.

Kindness Ideas

Offer your seat
Smile at a stranger
Cook a meal for someone in need
Write and mail a "Thank You" note to someone
Bake cookies to share
Leave a flower for someone going through a hard time
Send an encouraging text message or note
Open the door for someone
Make dinner for firefighters
Post confidence stick notes in a public place - like a restroom or gas pump
Buy something for the person in line behind you
Make a care package for the homeless
Collect food for the local food pantry
Leave change in a vending machine
Mow the lawn of someone in need
Visit and sing to those in a local nursing home
Buy coffee for a friend at work, or a stranger
Host a free lemonade stand
Pay for a strangers parking fee
Meet someone new
Hang Christmas lights for someone going through a hard time
Surprise pay for the car behind you in the drive-thru
Create a "Sunshine Box" of encouragement
Make a meal for a family with a newborn
Post an encouraging Bible verse for your social media status
Give a waiter or waitress a double tip
Talk to someone who appears lonely
Round up a box of items and donate them to a local shelter
Offer to replace someone's shopping cart once they have unloaded
Make cards of encouragement for kids in the hospital or their parents
Make a care package for a family who has a family member in the military
Leave a package of baby wipes on the baby changing station in a public restroom
For kindness resources and more information, visit www.DemisDifference.com